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STARTING GIG'S ON THE LINE FOR JAMES REIMER AND JONATHAN BERNIER AT LEAFS' TRAINING CAMP PAGE 45

Constable found guilty in G20 assault

Judge rules Toronto cop used excessive force when arresting protester Adam Nobody in June 2010 PAGE 2

American turned Islamic rebel killed

Omar Hammami was ambushed in Somalia by rivals in extremist group, say militants PAGE 16

When Stardust, Goblin Kings rule the night

First 200 to appear in costume for debut of AGO's David Bowie exhibit get admission to evening event PAGE 8

NEWS WORTH SHARING.

Wynne vows to push subway plan

Transit. Province going ahead with shorter Scarborough line despite city hall's objections: Premier

Premier Kathleen Wynne says the Liberal government will railroad through its controversial plan to extend the Bloor-Danforth subway line into Scarborough, despite TTC concerns about the scheme.

"We will keep our commitment to the people of Scarborough to build the subway in Scarborough ... and that $1.4 billion will go into building that line on the alignment that has been the alignment all along in the plan," Wynne told the legislature Thursday.

In her first public comments since meeting with TTC chair Karen Stintz on Wednesday, the premier reiterated that the province is footing the tab, so city hall can't call the shots.

"That's the conversation that I had with Councillor Stintz yesterday," she said. "We will continue to make that investment, and I hope we'll be able to work with the city council in order to do that, because the people of Scarborough need that transit.

"One of the issues that I talked about with Councillor Stintz ... was that the federal government has not come forward to put money into an expanded version of the line that the city council would like to see."

Under the province's shortened subway extension unveiled last week, the line would follow the existing Scarborough rapid-transit line to the Scarborough Town Centre, with just two stations.

But cash-strapped city council wants the subway extended from Kennedy station all the way north to Sheppard Avenue, which would be far more expensive.

After her meeting with Wynne, Stintz castigated the Liberals for pushing a subway that "can be built without city council."

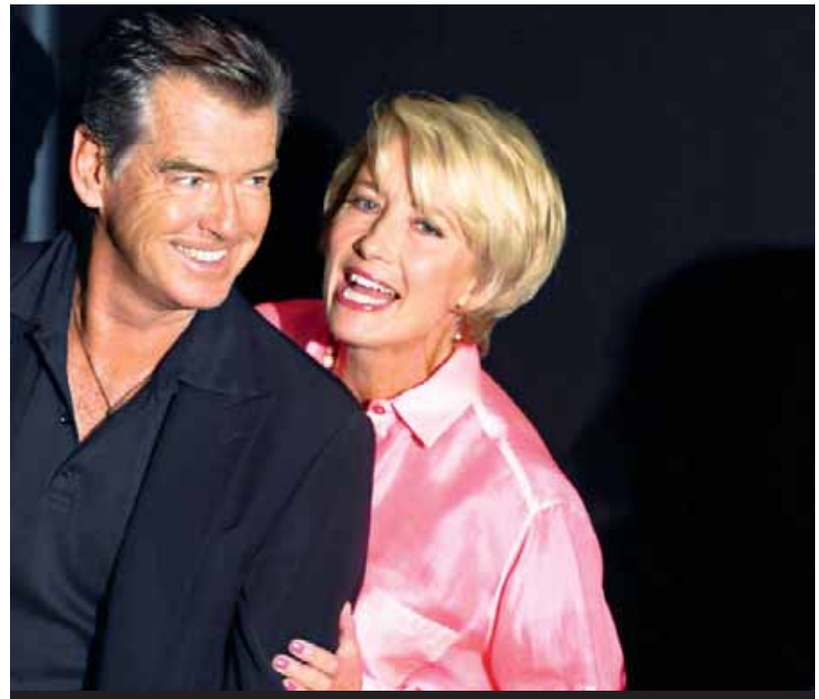
She also criticized the plan being pushed by Transportation Minister Glen Murray as being full of "financial holes."

TORSTAR NEWS SERVICE

Quoted

"The Liberals may talk a good game. They may talk about subway stops.... After 10 years of Liberal government, additional Liberal subway stops: Zero."

Conservative Leader Tim Hudak



A PUNCH OF COMEDY

Emma Thompson pushes co-star Pierce Brosnan back out in front of photographers at a photo call for The Love Punch on Thursday. In the romantic comedy/heist film, Brosnan and Thompson play a divorced duo who set aside their differences to undertake a high-stakes jewel robbery on the Côte d'Azur. More TIFF coverage, pages 28-33. GALIT RODAN/THE CANADIAN PRESS

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NEWS 1

Cop found guilty of assault with a weapon in G20 arrest

Const. Babak Andalib-Goortani. Judge said officer used excessive force when arresting protester on lawn of Ontario legislature

The criminal conviction of a Toronto police officer for assaulting a protester during the G20 summit three years ago was hailed as a victory for the hundreds of demonstrators who were rounded up and arrested that weekend.

Const. Babak Andalib-Goortani was convicted Thursday of assault with a weapon after a judge found he used excessive force during the arrest of protester Adam Nobody on June 26, 2010, on the lawn of the Ontario legislature.

Andalib-Goortani didn't need to forcefully jab Nobody with his baton several times as his fellow officers were trying to cuff the man, Ontario Superior Court Judge Louise Botham found.

"A police officer is not entitled to use unlimited force to affect an arrest," she said.

Video footage of Nobody's arrest shows him on the ground with officers piled on top of him. Moments before Andalib-Goortani delivers his second set of blows, another officer can be seen kneeing Nobody in the face, Botham said.

Nobody clapped as the verdict was announced, but said later that though he was pleased, he was surprised, as police are not often found guilty of criminal offences.

"Hopefully this helps vindicate the 1,100 people that were arrested and forced upon that day, including myself," Nobody said outside court.

"It's just a great feeling after three years.... Justice is served and officers, you know, they can't get away with stuff like this. They can't attack citizens and it just feels really great right now. I'm elated."

More than 1,000 people were detained by police that weekend after protesters using so-called Black Bloc tactics broke away from a peaceful rally and ran through the downtown, smashing windows and burning police cruisers.

The vast majority of those detained were released without charge within 24 hours.

Assault with a weapon carries a maximum sentence of 10 years, though it's unlikely Andalib-Goortani would see such a sentence. A sentencing hearing is scheduled for Nov. 8. For the moment, Andalib-Goortani is on restricted duties.

Andalib-Goortani also faces a second criminal charge of assault with a weapon, which is set to go to trial Feb. 10, 2014.

THE CANADIAN PRESS

Quoted

"Hopefully this helps vindicate the 1,100 people that were arrested and forced upon that day, including myself."

Protester Adam Nobody on the verdict

Adam Nobody stands at Queen and Spadina Thursday. There was a guilty verdict in the judge-alone trial of Const. Babak Andalib-Goortani, accused of assaulting G20 protester Nobody with a weapon. TORSTAR NEWS SERVICE

Ford takes credit for declining unemployment

Mayor Rob Ford TORSTAR NEWS SERVICE

Toronto's unemployment rate is dropping, and Mayor Rob Ford argues that he deserves the credit.

The city's monthly seasonally adjusted unemployment rate was 7.1 per cent in August, down from 10 per cent at the same time last year, Ford and city officials announced at a Thursday news conference in the mayor's office. That is the lowest unemployment rate in five years, city officials said. Ford called the decline "proof that my administration is on the right track."

"In January 2010 I promised to create jobs and tackle our unemployment rate," Ford said. "Another promise made, another promise kept."

Ford attributed the good news to his "integrated approach to facilitating employment and job growth," efforts to eliminate needless bureaucracy, and personal understanding of business. He was not specific about which administration policies he believes made a difference.

TORSTAR NEWS SERVICE

Exaggeration?

Ford exaggerated the extent of the improvement during his tenure, saying incorrectly that the monthly unemployment rate was "around 11 per cant" when he took office in 2010. In fact, it was 9.4 per cent.

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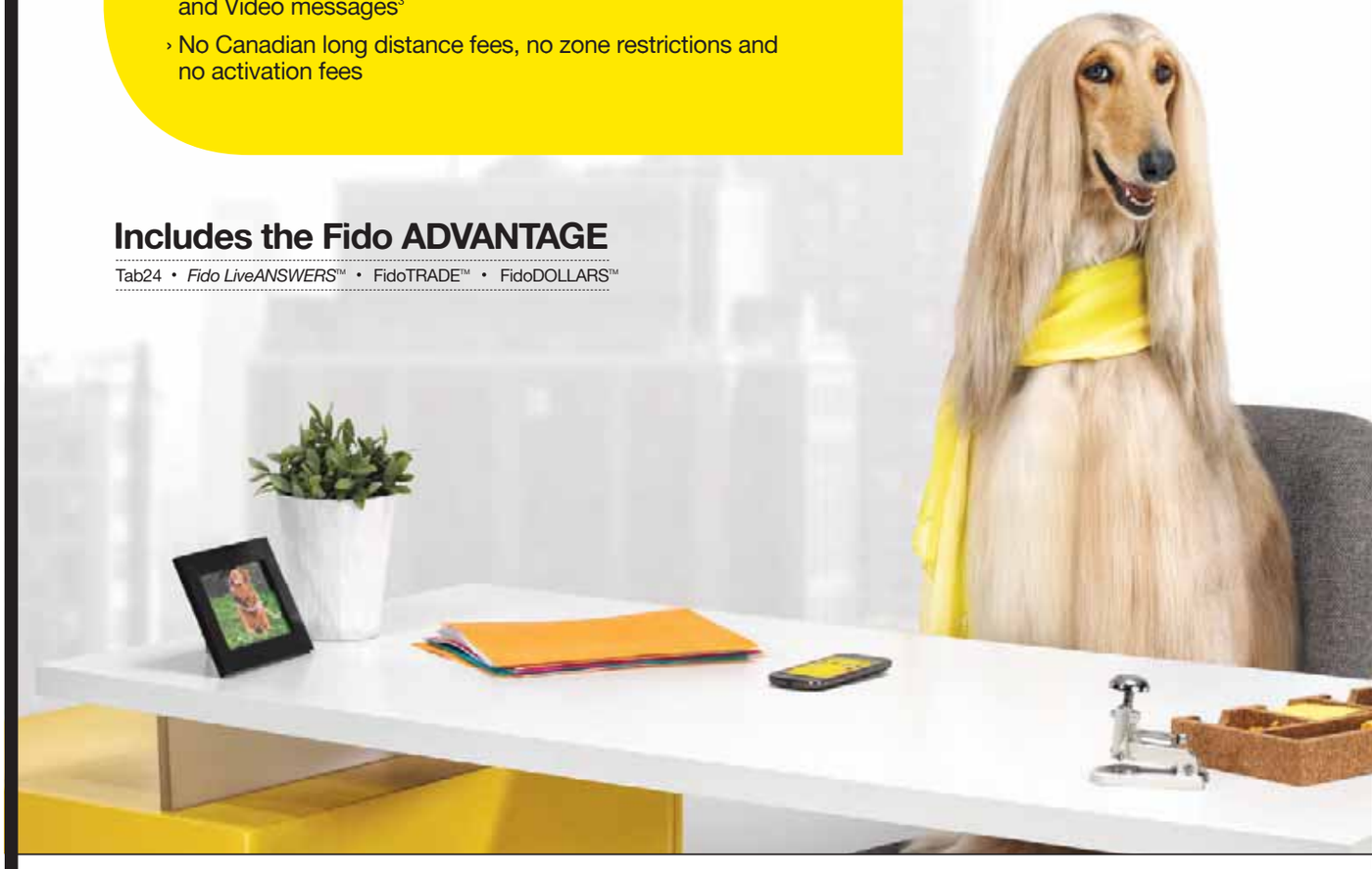

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Found errors result of good system: Matthews

Trillium. Radiologist whose scans are under review no longer works with the hospital

Ontario's health minister defended the province's practices Thursday saying the system worked when two hospitals in Toronto and Mississauga detected possible errors in reading 3,500 mammograms and CT scans.

Trillium Health Partners announced Wednesday night it had uncovered a "performance issue" with a veteran radiologist concerning diagnostic tests conducted between April 1, 2012, and March 31, 2013, at Mississauga Hospital and Queensway Health Centre.

"I have been assured that affected patients are being properly informed and that their cases are being reviewed as quickly as possible," said Health Minister Deb Matthews.

One woman, Houda Rafle, 28, told Toronto television station CP24 that she was given a clean bill of health after a CT scan in March, only to find out recently that she did indeed have cancer at the time, and it has gotten worse.

"The tumour was present in March, and unfortunately because there was a six month duration it had now spread to my lungs and is now Stage 4," said Rafle. "It's frustration, disappointment, just devastated." THE CANADIAN PRESS

Check out these nodes

Body-painted models show some skin for World Lymphoma Awareness Day at Brookfield Place Thursday in Toronto. They acted as real-life mobile teaching tools, painted waist-up with nodes. "Doctors" were on-site in scrubs interacting with Torontonians and educating them on lymphoma, the 5th most common type of cancer in Canada. For more information visit lymphoma.ca. CONTRIBUTED

Bequest. 'Very private' retiree left more than $45K to police animals

Esme was her closest companion and seems to have known her best.

The young golden retriever she had rescued was the constant companion of quiet west-end retiree Theresa D'Agostine, who passed away Nov. 13, 2012, at the age of 73.

But this "very private" woman left a generous public legacy — $45,602.93 to be paid from her estate to the Toronto Police Service's mounted horse and dog services unit.

She had a real love for all animals, said her lawyer and estate trustee, Richard Rusek.

Certainly, she was rarely seen without her dog. And after she died, Rusek says, Esme was allowed to attend her funeral services at a west end church.

The dog, who went to a good home, was "very calm" and well-behaved at the service, he said.

D'Agostine had come to see Rusek in June 2012 so she could change her will to benefit the police animals.

She'd earlier intended to leave her money to an animal sanctuary, but changed her mind after reading an unfavourable story about it in the Toronto Star, he said.

She then decided to give it to the Toronto Zoo, but told Rusek she decided against it after reading a story about the elephants leaving the zoo.

She had first visited him about making a will in 2008, after learning she had terminal cancer. She seemed "at peace" with the fact that she was going to die, he said, and wanted to get her affairs in order.

The bequest has been earmarked for 2013 to provide "enhanced care for the police horses and police dogs," in accordance with her last will and testament. TORSTAR NEWS SERVICE

Would-be beneficiaries

D'Agostine had two adult children who were estranged.

- D'Agostine also left a pension benefit for the police service.

Oshawa hospital uses Quebec controversy to recruit

The poster for Lakeridge Health in Oshawa. CONTRIBUTED

Oshawa's Lakeridge Health is leveraging Quebec's controversial proposal to ban religious symbols at work to attract much-needed health-care professionals.

A recruitment ad that debuted on social media Thursday depicts a smiling woman wearing a hijab and white lab coat.

It reads: "We don't care what's on your head. We care what's in it."

Lakeridge Health CEO Kevin Empey explained that the ad is an attempt to raise the profile of the hospital system, which is relatively unknown among health-care professionals despite being one of the largest community hospitals in the province, with four sites in Durham Region.

Empey said the hospital, which recently opened a new building, has been hiring between 20 and 60 people per month for the past 18 months. There are currently 240 vacant positions, including nurses and pediatricians.

One man's loss ...

"We thought this controversy in Quebec might give us an opportunity to ... get more out there about what Lakeridge is."

Lakeridge Health CEO Kevin Empey

"Part of recruiting people is making people aware of what you are," he said. "We thought this controversy in Quebec might give us an opportunity to target just one community and give us an opportunity to get more out there about what Lakeridge is. It might help recruiting in Ontario as much as in Montreal."

Empey said it's not the hospital's intention to take a position on the debate, but rather to communicate to prospective employees that "if you don't like what's happening (in Quebec), we offer an alternative." TORSTAR NEWS SERVICE

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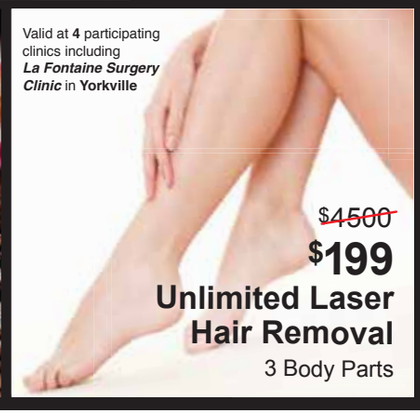

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WHAT'S BEST AND RIGHT FOR TTC RIDERS MUST BE AT HEART OF TRANSIT DEBATE

ANDY BYFORD
CEO
TORONTO TRANSIT COMMISSION

In addition to running today's TTC, one of my many responsibilities is to advise elected officials on transit policy, including expansion.

The current, protracted debate about extending the Bloor-Danforth line as a subway deeper into Scarborough is taking place in a highly charged political atmosphere. It is complicated by the number of different agencies and players involved.

The TTC's position is very clear: to provide the best transit solution to its customers with the funds available – and with an eye to future growth.

The TTC, with Board direction, will study the revised subway proposal announced by Ontario Transportation Minister Glen Murray last week. That proposal would see an extension to the Bloor-Danforth line along the present-day Scarborough RT routing. But it will only be supported by the TTC if operational and engineering concerns over sharp curves and steep inclines can be satisfactorily addressed.

The subway routing approved by Council this summer – and supported by myself and TTC staff – is not subject to tight turns and steep grades. This plan would not require a bus shuttle during construction as the SRT would be kept operational until the subway extension is complete, and there would be no need to relocate Kennedy Station.

Elected officials, of course, have the final say in all of this. But it is my job to give frank and fearless advice to help inform the best possible outcome for TTC riders. I will not flinch from that responsibility.

MAKING HEADWAY ON THE TORONTO-YORK SPADINA SUBWAY EXTENSION

Construction on the 8.6-km Toronto-York Spadina Subway Extension (TYSSE) continues to progress, as witnessed by the many large cranes on view along the future line. On Monday of this week, project staff took the media for a tour. The first stop was the northbound tunnel, 10 metres below ground between Downsview Park and Finch West stations.

Overall, tunnel boring is 85 per cent complete and track installation has started in the twin tunnels between the two stations.

The site visit ended with a track-level view of the station box under construction at the future Vaughan Metropolitan Centre terminal station. The Vaughan structure is the second-largest on the project at 530 metres long (or about the length of the CN Tower) including both a crossover and tail track. The station will feature a direct connection to the Viva BRT on Highway 7, a pedestrian tunnel to a new YRT bus terminal and six connection points inside the station to future development sites. Station excavation is complete as well as about 30 per cent of the concrete work.

All six stations for the project are currently under construction. Overall, construction has passed the 50 per cent complete mark. The extension is scheduled for completion in the fall of 2016.

Here are some interesting facts you may not know about this project:

- Total excavated material: 1,400,000 cubic metres – enough to fill Rogers Centre.
- Total concrete to be poured: 400,000 cubic metres – equal to 10 CN Towers.

For more information about the TYSSE project visit spadina.ttc.ca.

YOU'RE INVITED TO TRANSIT TALK ON SEPT. 18

On Wed., Sept. 18, join TTCriders, TTC Acting Chief Service Officer Chris Upfold and Executive Director of Corporate Communications Brad Ross to share your ideas on how to improve the TTC. Transit Talk will be held at Metro Hall, 55 John St., in room 309, from 7 p.m. to 9 p.m. Registration is required – go to TTCriders.ca. The event is accessible.

Those who are unable to attend can send questions to TTCriders at info@ttcriders.ca with the subject line "TransitTalk" or participate online via Twitter by using the hashtag #TransitTalk.

DO YOU HAVE A QUESTION FOR THE TTC? SEND AN EMAIL TO ASKTTC@METRONEWS.CA

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EMPLOYEE PROFILE

Name: Domenic Albanese

Position: Bus Operator

Years of Service: 12

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EVENTS

SEPT. 13-15 AND 17-19:

- **Toronto Blue Jays at Rogers Centre.** Subway to St Andrew Station, five-minute walk south.

SEPT. 15:

- **Sarah Brightman at Air Canada Centre.** Subway to Union Station.

SEPT. 16:

- **Toronto Maple Leafs at Air Canada Centre.** Subway to Union Station.

SERVICE CHANGES

- There will be no streetcar service on Roncesvalles from Queen to Dundas on Sat., Sept. 14, and Sun., Sept. 15, due to the Roncesvalles Polish Festival. The **313 Jane** night bus will divert via Dundas, Lansdowne, Queen to Sunnyside Loop.
- **300 Bloor-Danforth** night bus diverting High Park, Annette, Jane from 9:30 p.m. Fri., Sept. 13, to Sun., Sept. 15, due to the 2013 Ukrainian Culture Festival and Parade.
- **141 Downtown/Mt Pleasant Express, 143 Downtown/Beach Express, 144 Downtown/Don Valley Express, 145 Downtown/Humber Bay Express** diverting Adelaide, Simcoe, King, Church, Adelaide; **142 Downtown/Avenue Rd Express** diverting Simcoe, King, Church, Richmond, from 7 a.m. Sept. 14 to 11 p.m. Sept. 21 due to the closure of the York/Adelaide intersection for City watermain and TTC track work.
- **64 Main** bus diverting Gerrard, Woodbine, Kingston, Southwood, Williamson, Wineva, Queen, Woodbine, Gerrard, Main until 6 a.m. Sept. 16 due to TTC track work.
- **511 Bathurst** streetcars replaced by buses until Nov. 23 due to City watermain work.
- **504 King** and **503 Kingston Rd** streetcars diverting Parliament, Queen to route beginning Sept. 9 due to bridge repairs on King from River to Queen.

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Art gallery asks visitors to get their Bowie on

David Bowie Is.
First 200 to show up in costume at AGO get tickets to 'opening night spectacular'

Bowie in '70s. CONTRIBUTED

Glitter, glam rock and spiders from Mars touch down at the Art Gallery of Ontario Sept. 25 when the travelling David Bowie Is art exhibit makes its North American debut.

The AGO is asking Torontonians to get into the spirit by showing up in costume for a chance to take part in an "opening night spectacular."

The first 200 Thin White Dukes or Ziggy Stardusts to show up at the Dundas St. West gallery get admission to the evening event, which is otherwise sold out.

There will be live music and Bowie impersonators at the gallery between 6 and 8:30 p.m. that night.

Two nights later, on Sept. 27, the AGO will throw another bash from 9 p.m. to 1 a.m., featuring music by DJs Luis Jacob and Odessa Paloma Parker, video tributes to Bowie by Toronto new media artist Lorna Mills and an exhibition of memorabilia collected by Toronto artist Andrew Zealley and others.

"We are expecting a huge turnout," said Kelly McKinley, executive director of education and public programming at the AGO.

Tickets to that party are still available ($45 or $40 for members) at ago.net/ago.ne and include timed entry to the exhibit.

Previously shown at London's Victoria and Albert Museum, David Bowie Is features nearly 300 objects from the musician's personal collection, including handwritten set lists and lyrics, diary entries, instruments and, naturally, a slew of stage costumes from his decades-long career as an entertainer.

The exhibit runs until Nov. 27. TORSTAR NEWS SERVICE

How did I get roped into this?

How do you get a newspaper editor who's terrified of heights to walk around the outside of the CN Tower? A charity challenge to raise funds for breast cancer research — seriously, that's about the only thing. National deputy editor Fernando Carneiro and the Metro team raised more than $1,600 for the Canadian Breast Cancer Foundation, leading up to his EdgeWalk on Thursday. While the experience was fantastic, he's not leaning over the edge because his "brain just couldn't understand the idea of leaning over a 356-metre drop, no matter how strong the safety harness." CONTRIBUTED/EDGEWALK AT THE CN TOWER

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intel inside CORE i7

Rally seeks to remind country of rape culture beyond SMU

Wider discourse. SMU got caught with chant, but does not own the problem, poet declares

ALY THOMSON
For Metro in Halifax

An organizer of a rally promoting consensual sex at Saint Mary's University in Halifax says the attitudes on campus surrounding rape and equality need to change.

The rally came after the scandal caused by a frosh event in which hundreds of students took part in a chant that glorified the rape of underage girls.

Roughly 150 people attended Thursday's rally.

Lewis Rendell, 20, said she hoped the incident would spark a wider discussion about rape culture.

Before reading an impassioned poem about a rape victim, Halifax poet laureate El Jones declared that "the problem doesn't belong to SMU."

"SMU didn't create rape culture," Jones told the crowd. "SMU got caught, but everybody else has been doing it."

The chant prompted the resignation of the president of the SMU Students' Association.

According to the university, two student organizers are facing disciplinary action and roughly 80 student leaders will undergo sensitivity training.

Rendell, a board member of the SMU Women's Centre, added that the rally was also protesting the administration's response to the scandal.

A spokesman for SMU said in an email that the school is working with the centre to strengthen their relationship. Steve Proctor said a member of the centre has agreed to sit on the President's Council.

Best practices

Universities watch and take notes

James Sanford, executive director of student services at Acadia University in Wolfville, N.S., said he expects many school administrators are closely watching Saint Mary's.

Ryan Flanagan, director of student affairs at Carleton University in Ottawa, said the administration became more involved in orientation after student-leadership concerns in 2010.

"If student associations are going to run it, I think you're taking on a risk," he said. THE CANADIAN PRESS

Protesters gather in the SMU quad Thursday to voice their displeasure with a frosh-week chant. JEFF HARPER/METRO IN HALIFAX

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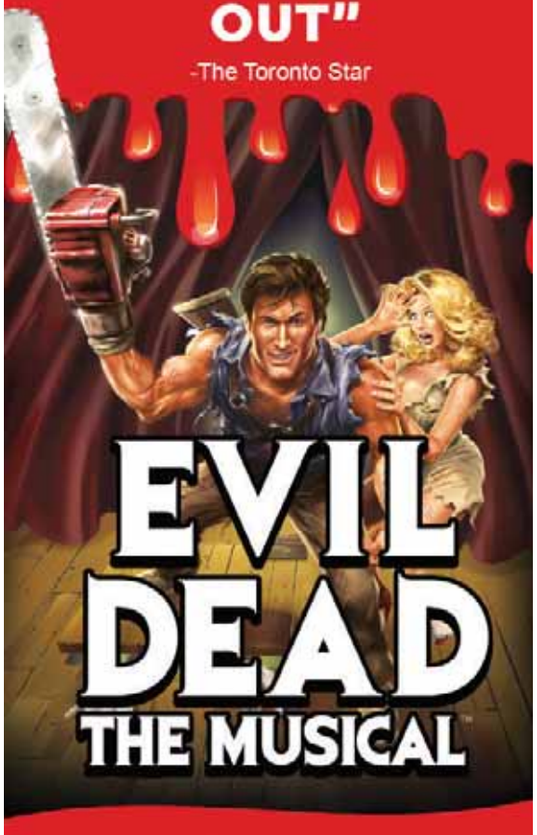
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DEA says 30 kilos of cocaine was headed for Alberta town

Seven charged. Most accused believed to be members of a Mexican Mennonite community with ties to infamous Juarez drug cartel

JEREMY NOLAIS
Metro in Calgary

American drug-enforcement officers allege a southeast Alberta hamlet was the destination for a haul of cocaine being moved through a pipeline involving the Mennonite community and a notorious Mexican cartel.

The Drug Enforcement Administration (DEA) laid charges against seven people in relation to the alleged trafficking operation this week.

It's believed all but one of the accused were members of a Mexican Mennonite community in the state of Chihuahua and had direct links to the Juarez drug cartel, widely considered to be one of the most brutal criminal organizations in the world.

The drug bust involved 11,000 pounds of marijuana that agents believe was to be distributed to various states in the U.S. and 30 kilograms of cocaine that DEA Assistant Special Agent in Charge Kevin Merrill said was bound for Grassy Lake, Alta., a small hamlet located about an hour east of Lethbridge.

"We had targets that we had identified through phone records that they were talking to up there," he said, adding more charges in connection with the drug bust were possible.

Merrill indicated his organization worked with Canadian authorities, but a request for comment from RCMP's federal communications office had not been returned at press time.

Mennonites are members of a church that has been around for nearly 500 years, according to a national website.

"Today, you won't recognize most Mennonites by how they dress," the posting reads. "But you will find vibrant Mennonite congregations through rural areas, small towns and large cities across Canada and throughout the world."

Southeastern Alberta in particular became a common migration point for Mennonites from Mexico and Bolivia in the 1990s. According to 2001 census data, the total Mennonite population in Alberta was 22,785 and in some smaller towns and hamlets, including Grassy Lake, the community can account for up to three-quarters of the population.

Merrill said Mexican cartels tend to rely on family ties or close friends when it comes to their trafficking operations because "it limits the number of people, if they get arrested, that will co-operate against them."

Quoted

"Bad economy, people have got to make money somehow."

Peter, a Grassy Lake business owner who asked that his last name be withheld, and who moved to the area from Mexico a quarter-century ago.

Outrage in Kashmir

Indian policemen detain Kashmiri supporters of the Awami Ittehad Party during a protest against a fatal paramilitary shooting in the disputed territory in Srinagar, India, Thursday. Shopian District Deputy Commissioner Bashir Ahmed Bhat said a man was killed Wednesday when forces fired pellets at protesters. Residents insist the troops were firing bullets at the crowd protesting near a police camp about 50 kilometres south of Srinagar.

MUKHTAR KHAN/THE ASSOCIATED PRESS

Florida. Charges possible after suicide of 12-year-old girl who was cyberbullied

A 12-year-old girl committed suicide after she was bullied online by more than a dozen girls, and a sheriff said Thursday that he is investigating whether he can file charges under a new Florida cyberbullying law.

Sheriff Grady Judd said that Rebecca Ann Sedwick jumped to her death on Monday. Investigators say the girl was despondent after others had posted hate messages about her online. Sedwick was "absolutely terrorized on social media," Judd said.

The Lakeland Ledger reports that detectives found multiple social-media applications where Sedwick was constantly bullied with messages, including "Go kill yourself," and "Why are you still alive?"

He said parents of all 15 girls have co-operated with detectives and several cellphones and laptops have been confiscated. Judd said charges could be filed — including cyberstalking.

"If we can get any evidence of a criminal offence, the person or persons involved will be punished," he said.

Before her death, Sedwick had searched questions online related to suicide, including "How many over-the-counter drugs do you take to die?" and "How many Advil do you have to take to die?"

Detectives also found photos of Sedwick with razor blades lying on her arms and with her head resting on a railroad track, Judd said.

Judd said a 12-year-old boy in North Carolina, who Sedwick met through social media, knew of her plan. Sedwick messaged him only hours before her death saying she was dead and "I'm jumping, I can't take it anymore."

Sedwick also changed her name on a free messaging application to "That Dead Girl."

Judd said detectives are trying to investigate the social-media applications that Sedwick used, including Kik and Ask.fm, but many of the websites are based in other countries.

If detectives can find evidence, according to Florida law, the girls could be charged with felony cyberstalking because Sedwick was under 16 years old.

"If you bully somebody online and it's reported to us and we can build a credible case, we will charge you," Judd said.

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Ex-Hutterites share stories of corruption

Tell-all book. Former colonists allege sexism, favouritism, petty wages

SHANE GIBSON
Metro in Winnipeg

From left, Darlene and her husband Titus Waldner, Glenda Maendel and Karen Waldner are four of the nine former Hutterite colony members from Manitoba and North Dakota who've written a tell-all book. SHANE GIBSON/METRO IN WINNIPEG

A group of former Hutterite colony members from Manitoba and North Dakota are peeling back the veil on the societies traditionally closed off to the modern world.

Seven years after each individually decided to escape — a move that has caused their communities and much of their families to shun them — the group of nine has published a tell-all account of their sheltered lives.

"This is actually exposing the Hutterites," explained Glenda Maendel, adding their book was written as much for those still living in colonies as it was for those on the outside.

"The mindset you had there was that everything is evil out here and you'd go to hell if you leave the colony.

"It's for people to see that there is hope and freedom out there."

Hutterites: Our Story to Freedom was released in August, and each of the former members takes a chapter to tell their personal story. The accounts describe a corrupt system of sexism, favouritism and unfair wages, in which members work for $3 to $5 a month while the colony coffers grow.

"We love the Hutterite people, but it's the system that ruins the people," said Maendel.

The book also looks at the struggles each of the nine went through after leaving their communities for a new world with nothing but the clothes on their backs.

"It took years to adjust," said another of the authors, Titus Waldner.

"Inside the colony you're not invited to express yourself as an individual.... To come out of that and now just start being open and sharing and know who you are as a person — it doesn't happen overnight."

For more information on the book or to order a copy go to thenine9.com.

Naked bike ride? First let us define 'parade'

A case of two women wanting a parade permit to ride naked through Winnipeg last year has led to a change in a city bylaw.

On Thursday, Winnipeg Police Service officials spoke in favour of amending a traffic bylaw to include bicyclists as well as pedestrians in the definition of a parade.

Patrol Sgt. Kevin Cisaroski, the police's special events co-ordinator, said the bylaw "didn't address bicyclists at all."

He said that exclusion prevented police from having the authority to issue parade permits for cyclists, meaning bikes had to continue to abide by the Highway Traffic Act, with no side-by-side riding and the required stopping at red lights and stop signs.

"Since then, the only type of escort we've been able to provide bicycle groups is a lead and tail," he said.

Members of the protection and community services committee voted in favour of the request, including chair Coun. Scott Fielding, who told Metro on Wednesday that the amendment was a "housekeeping matter."

As for the naked ride, a permit was not issued, and "it still isn't allowed," said Cisaroski. BERNICE PONTANILLA/METRO IN WINNIPEG

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American Islamic rebel fighting in Somalia is killed

Alabama radical. Hammami, who was known as 'the American,' was killed in an ambush in southern Somalia

An American who became one of Somalia's most visible Islamic rebels and was on the FBI's Most Wanted Terrorist list was killed Thursday by rivals in the extremist group al-Shabab, militants said.

The killing of Omar Hammami, a native of Daphne, Ala., may discourage other would-be jihadis from the U.S. and elsewhere from travelling to Somalia, terrorism experts said.

American jihadist Omar Hammami.
FBI HANDOUT/THE ASSOCIATED PRESS

Hammami, who was known as Abu Mansoor Al-Amriki, or "the American," was killed in an ambush in southern Somalia following months on the run after falling out with al-Shabab's top leader, militants said.

Reports of Hammami's death have cropped up every few months in Somalia, only for him to resurface a short while later. But J. M. Berger, a U.S. terrorism expert who closely follows the inner workings of al-Shabab, said he thinks the current death reports are accurate.

Hammami was highly critical of Shabab's leadership over the past year and freely shared his views in Internet videos and on Twitter, making him a marked man.

About two dozen Somali-Americans from Minneapolis have joined al-Shabab in the past several years.

THE ASSOCIATED PRESS

Chemical weapons

Syria agrees to Russian plan

Syrian President Bashar Assad publicly agreed Thursday to a Russian plan to secure and destroy his chemical weapons, but said the proposal would work only if the U.S. halts threats of military action.

Assad also said his government will start submitting data on its chemical weapons stockpile a month after signing the convention banning such weapons while the UN said Thursday that it received a letter from Syria stating its intention to join.

The treaty states that a nation becomes a party 30 days after such a letter is submitted. Syria had long rejected joining the Chemical Weapons Convention.

U.S. officials, meeting with Russians in Geneva, insisted on a speedier Syrian accounting of their stockpiles.

"We agreed to put Syria's chemical weapons under international supervision in response to Russia's request and not because of American threats," Assad told Russian TV. THE ASSOCIATED PRESS

Philippine crisis. Muslim rebels with 100 hostages warned to end standoff

The Philippine government on Thursday warned Muslim rebels who have been holding more than 100 people hostage in a southern port city to peacefully end the four-day standoff "at the soonest possible time," saying its forces are ready to demonstrate the state's resolve.

It was the toughest talk by President Benigno Aquino III's administration since Moro National Liberation Front guerrillas occupied coastal communities and took scores of residents hostage in Zamboanga city.

Presidential spokesman Edwin Lacierda said any attempts by other groups to sow trouble would be crushed, citing the army's defeat of an extremist group's attempt to set a nearby village and wharf on fire.

On Monday about 200 armed Moro rebels clashed with government troops.

THE ASSOCIATED PRESS

Residents try to put out a fire that gutted about 30 homes in Zamboanga city in the southern Philippines Thursday. The blaze was sparked as government forces launched a fierce assault on Muslim rebels . THE ASSOCIATED PRESS

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Beating bullies with the power of politeness

London, Ont. Etiquette school to show kids they have the power to cope — and succeed

MIKE DONACHIE
Metro in London, Ont.

Proper procedure promotes perfection: Etiquette expert Wendy Mencel is equipped with all the advice you need. MIKE DONACHIE/METRO IN LONDON, ONT.

Sometimes there's nowhere to run.

What does a child do when faced with a bully and they have nobody to turn to? A new initiative in London, Ont., has the answer: It's all about etiquette.

"We want to teach children how to put their best foot forward despite whatever circumstances they are facing," said Wendy Mencel, director of the city's newly established Canadian School of Protocol and Etiquette.

"For instance, helping children with their social skills helps against bullies," she said. "The initiative in the school system is: Walk away and tell an adult, but sometimes there's no place to walk away to and there's no adult.

"What do you do in that situation?"

The answer, she says, is to stand up to aggressors — politely.

"Bullied people will instinctively look down. We teach them to look people in the eye and say 'no,'" Mencel said. "We teach social skills that will help in any situation, that let people understand you mean business."

It's all about giving the confidence to cope in any situation, whether it's a schoolyard clash or an evening of fine dining.

Mencel, who's a certified etiquette consultant and an Anglican minister, explained: "This isn't about learning how to curtsey or how to sip tea with your pinkie out — which you should never do, by the way, because it's bad etiquette.

"It's about equipping children with social skills that in a very competitive global market will help them to succeed."

Mencel's driven to help young people, and she's direct about why.

"I want to teach children that they don't have to be a victim of bullying," she said. "They have the skills and the tools within themselves to deal with it."

Interested?

Visit thecanadianschoolofprotocol.com for more information.

Manners manual

Eating? Drop the phone

Wendy Mencel gave Metro a guide to 21st Century politeness pitfalls.

Texting at the dinner table

"Put your cellphone away if you're having a conversation," said the expert.

"People talking on their cellphones in a nice restaurant very loudly are not polite."

That goes for at home, too. Many young people simply don't know they should put their phones away when they eat.

Show respect behind the wheel

"I see some pretty aggressive driving," Mencel said. "People cut one another off. Try and think about the other driver.

"Try to be polite, and maybe you could let people in front of you."

Wedding cash grabs

"Something I see a lot now is people asking for money when they're getting married," Mencel said. "A lot of brides put 'Cash only' or 'Please donate towards our honeymoon.' That's just tacky."

Metro's mistake

After considerable persuasion, Mencel eventually agreed to point out a mistake made by Metro's reporter during the interview.

"You said, 'No problem.' That's an etiquette mistake," she explained. "I'm thanking you, and you should say 'You're welcome.' To say 'No problem' means you have been inconvenienced, and you haven't."

Point taken.

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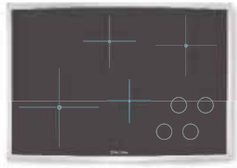

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Telecom. Vodafone UK CEO to head up Rogers

The chief executive of U.K.-based Vodafone Group has been hired as the new president and CEO of Toronto's Rogers Communications Inc. and plans to take over just ahead of a wireless auction that will see Canada's telecom companies compete for radio waves to expand their cellphone networks.

Guy Laurence, 52, will take over in December as the top executive of Rogers, one of Canada's largest communications companies and its biggest wireless provider with about 10 million customers.

Guy Laurence
COURTESY ROGERS

He succeeds Nadir Mohamed, who had previously announced his retirement as the head of the wireless, cable and media company.

Canaccord Genuity analyst Dvai Ghose said Laurence will need to both grow the wireless customer business and improve customer service. THE CANADIAN PRESS

Biometrics. iPhone hype may benefit Canuck firm

Karl Martin was thrilled when Apple officially unveiled the fingerprint-reading technology that's built into the new iPhone 5S — even though it could be perceived as competition for his Toronto-based business.

He's hoping the hype around fingerprint scanning will create excitement around other biometrics technologies, including the Nymi, his company's bracelet that promises to read a user's heart rhythm and use it as a form of authentication that could replace online passwords, keys and other security measures.

Nymi devices, made by Toronto-based Bionym, read a user's heart rhythm for identification purposes.
COURTESY BIONYM

Bionym is currently taking pre-orders for the device, expected to be released next spring, for $79. The device takes an electrocardiogram when a user wearing it on their wrist touches it with their opposite hand. Martin, CEO of Bionym, says a cardiac rhythm is about as unique as a fingerprint, so the device could be used to confirm a person's identity. THE CANADIAN PRESS

Market Minute

DOLLAR 96.85¢ (-0.10¢)

TSX 12,701.05 (-124.37)

OIL $108.60 US (+$1.04)

GOLD $1,330.60 US (-$33.20)

Natural gas: $3.64 US (+7¢)
Dow Jones: 15,300.64 (-25.96)

Transparency issue

Pants problem lowers Lululemon profit outlook

Lululemon Athletica is lowering its 2013 profit and revenue outlook as efforts to improve the quality of its black Luon yoga pants have delayed the delivery of fall products to stores. The company pulled the pants from store shelves this spring because they were found to be see-through.
THE CANADIAN PRESS

Tech turnaround

Yahoo claims to have 800M users

Yahoo CEO Marissa Mayer says the Internet company now has about 800 million worldwide users, a 20-percent increase since she was lured away from Google 15 months ago to steer a turnaround. The gain disclosed Wednesday at a technology conference in San Francisco is the latest evidence of the progress that Yahoo is making under Mayer's leadership. THE ASSOCIATED PRESS

Social media

Twitter files IPO documents

Twitter is going public. The micro-messaging service says it has filed confidential documents for an initial public offering of stock. The firm posted on its own Twitter account that it has "confidentially submitted an S-1 to the SEC for a planned IPO." Twitter's IPO has been long expected. The firm has been ramping up its advertising products and working to boost ad revenue. THE ASSOCIATED PRESS

Josh Baldonado, an administrative assistant at Brown & Brown Insurance, works at a treadmill desk at the firm's offices in Carmel, Ind. Workers sign up for 30 slots on the treadmills and have their phone and computer transferred to the workstations. MICHAEL CONROY/THE ASSOCIATED PRESS

Run the rat race from your desk

On the move. Growing number of employees are standing, walking, cycling through the day at active stations

Glued to your desk at work? Cross that off the list of excuses for not having the time to exercise.

A growing number of Americans are standing, walking and even cycling their way through the workday at treadmill desks, standup desks or other moving workstations. Others are forgoing chairs in favour of giant exercise balls to stay fit.

Walking on a treadmill while making phone calls and sorting through emails means "being productive on two fronts," said Andrew Lockerbie, senior vice-president of benefits at Brown & Brown, a global insurance consulting firm.

Lockerbie can burn 350 calories a day walking about five to six kilometres on one of two treadmill desks that his company's Indianapolis, Ind., office purchased earlier this year.

"I'm in meetings and at my desk and on the phone all day," he said. "It's great to be able to have an option at my work to get some physical activity while I'm actually doing office stuff. You feel better, you get your blood moving, you think clearly."

It's been a decade since scientific studies began to show that too much sitting can lead to obesity and increase the risk of developing diabetes, high blood pressure and heart disease. Even going to the gym three times a week doesn't offset the harm of being sedentary for hours at a time, said Dr. James Levine, an endocrinologist at the Mayo Clinic.
THE ASSOCIATED PRESS

Setting the pace

- Treadmill desks designed for the workplace are normally set to move at about 1.6 to 3.2 km/h, enough to get the heart rate up but not too fast to distract from reading or talking on the phone comfortably.

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BY GEORGE! WHAT A CURSE

THE METRO LIST

Paul Sullivan
metronews.ca

Those lazy, hazy, crazy days of summer are over, and now it's time to pay attention. So, if you're wondering what to pay attention to …

1 **Charter chowder.** The Parti Québécois unveils its "charter of values," banning the wearing of religious symbols on the job for the province's civil servants. No burkas or turbans or yarmulkes, please. The charter has already claimed its first victim, MP Maria Mourani, who was kicked out of the Bloc Québécois caucus for daring to disagree with her fellow separatists, calling the charter a "political miscalculation." It is that, never mind what else it is.

2 **iPhone.** Apple unveils its latest iPhones to the usual media frenzy. One is "cheap," just under 100 bucks in the U.S., while the other is so expensive, it induces nosebleeds. But you can lock it with your fingerprint, so you'll never have to worry about forgetting your passcode as it comes permanently attached.

3 **Hockey Night in Canada, almost.** The boys of summer are still out there tearing up the grass, but the boys of winter are already back at the rink getting ready for a 1,230-game season that culminates on April 13, 2014, in the final game between the Dallas Stars and the Phoenix Coyotes. And then the playoffs begin. Are you ready for some, er, a lot of hockey?

4 **Harry Potter sequel — NOT.** Hollywood is rocking with the news that Harry Potter author J.K. Rowling is going to write her first screenplay about the world of wizards. Too bad it's about Fantastic Beasts and Where to Find Them, which really has nothing to do with Harry Potter, "the boy who lived," presumably to spawn a sequel … someday. Rowling seems to have a perverse need to deny her millions of fans the one thing they do want. Curses! As in Avada Kedavra!

5 **From Russia, with petulance.** Russian President Vladimir Putin has the nerve to preach to America about being good global citizens and avoiding military action in Syria in an op-ed piece in the New York Times. His article has the unanticipated side-effect of doing what President Obama has never been able to do: Unite the fractious U.S. Congress. A Republican senator believes Ronald Reagan is turning over in his grave, while a Democratic senator said the article nearly made him vomit. No word on a sequel.

6 **Ain't gonna study war no more.** After flying 156 missions and helping to rescue 149 people, Prince William is retiring from his job as a U.K. military rescue chopper pilot after seven-and-a-half years. He will now shift his focus to rescuing endangered animals — he has recorded a video calling for an end to the ivory and rhino horns trade. Presumably his other hazardous duty will include getting up in the middle of the night to change the royal diapers on baby George.

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ZOOM

Vitruvian-style amphibian aims high

COURTESY NASA

Frog launches with NASA rocket

Frogs have been sautéed, baked and deep-fried. But not until the latest NASA moon launch has one ever been seen blasted by a rocket.

The likely unfortunate event occurred Sept. 6, when a frog got an unexpected front-row seat to the liftoff of NASA's lunar explorer, known as LADEE. When the rocket unleashed its 361,000 pounds of thrust, more than the spacecraft took off.

The moment was captured in an extraordinary photograph posted on NASA's website.

TORSTAR NEWS SERVICE

Soft landing?

"Currently, LADEE is doing well, but we're not certain about the frog's fate." NASA spokesman Allard Beutel

The image isn't altered

- NASA said the photo is authentic. It was taken by a remote NASA camera triggered by sound.
- NASA's mission is on its way to the moon. It will gather information about the lunar atmosphere, surface conditions and lunar dust.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Instagram video may be the ideal destination for finding bad behaviour from unsavoury characters, but Vine remains the undisputed champion for weirdos and their typically hilarious but always high-concept gems.

ISTOCK

@Keelayjams: Armed with a stable of celebrity cardboard cutouts and an absurd number of Motorola RAZRs, Keelayjams takes a small apartment and the streets of New York and turns them into an often surreal funhouse.

@Electrolemon: Aside from running an infinitely retweetable Twitter account, the "cover model for idiot magazine" also happens to be a reliably funny source for six-second skits.

@MarloMeekins: The comedienne is likely as close as we get to a bona fide Vine celebrity, and it's a well-earned designation. She's an especially worthy follow if you're a fan of dogs in doctor costumes.

Twitter

@metropicks asked: .@ariannahuff redefines the office with naps, yoga, meditation. What perks do you want at work?

@Cavemanbiff: 3 day weekend!

@MTanzN: so piggy backing off the male run corp. that is google, they already did what you proclaim

@qendresa: healthy snacks such a fresh fruit bowl/tray every day would be nice

Follow @metropicks and take part in our daily poll.

Letters

RE: Rape Not One Of The Three R's, says Paul Sullivan, published Sept. 12

"The tongue of the wise commends knowledge, but the mouth of the fool gushes folly." In wake of the "pro-rape chant" disgrace at SMU and UBC lately, it seems evident to me that universities have become hotbeds of foolishness, instead of the bastions of wisdom. I agree that the university leadership's reaction is one similar to the deer in headlights. They've long known that stupid behaviour such as this has been around the campus — it's only now that it gets widespread public attention outside that they act.

Roland Derksen, Vancouver

WE WANT TO HEAR FROM YOU:
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AGING and collagen loss

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Synopsis

Once again the story focuses on the Lambert family — wife Renai (Rose Byrne), husband Josh (Patrick Wilson), kids Dalton and Foster (Ty Simpkins and Andrew Astor) and grandma Lorraine (Barbara Hershey). After the haunting events of the first movie they have moved in an effort to put the past behind them. Unfortunately they can't escape the ghosts who are attracted to what Josh has — life! Increasingly terrifying encounters with spirits threatens not only Josh's safety but the safety of everyone who comes into contact with him.

- Richard: ●●○○○
- Mark: ●●○○○

Patrick Wilson stars in Insidious: Chapter 2. CONTRIBUTED

Where are the scares?

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Insidious: Chapter 2.
A confusing story and clunky dialogue get in the way of the thrills and chills in James Wan's film

Richard: Mark, jumping around in time and between the realm of the living and the great beyond, this story will be confusing to anyone who hasn't seen the original. But say what you will about the storytelling, no one else makes mainstream horror films like James Wan. Maybe it's best to think of Insidious: Chapter 2 as like taking a walk through a haunted house. The exhilaration comes from the scares, not the walk. Did it make your spine tingle?

Mark: No, Richard, I was too busy trying to decipher what was going on. My spine doesn't tingle when it's exhausted. I do think Wan was ambitious in juggling all those space and time plots, and his atmospherics were first rate. But I actually might criticize the acting here — there were a lot of clunky line readings. Lin Shaye, however, as the ghostly clairvoyant, steals the picture whenever she's onscreen. And Barbara Hershey? Hottest grandma ever!

RC: Ha! There may be the odd clunky line reading, but with her delicate features and downturned mouth, Rose Byrne does shock face like no one else. I also liked Patrick Wilson. He looks like the clean-cut guy next door, but when he's inhabited by evil spirits, boy, does he get ornery! I also liked that it was a horror film that doesn't rely on gore to get a rise out of the audience. The plasma budget must have been practically zero, but what it lacks in gore it makes up for in smoke, shadows and eerie red doors.

MB: Yes, no gore; Wan has certainly moved on from Saw. But what you call shock face I might call overacting, and seeing Patrick Wilson cast against type is a bit of a mixed blessing. But in the end, it's still a story about possession and hauntings, and we might just be at the saturation point of the genre. The creaky old house doesn't help. Someday someone's going to set a film like this in an airy modernist penthouse, illustrating the horrors of light and white leather sofas.

RC: And they'll call it A Haunting at Ikea: The Mournful Tale of Billy the Wobbly Bookcase! I think I'll stick to the old school creaky house with a dark basement for ghouls to hide in.

MB: Dark basements are scary, but so are balconies on the 40th floor. I'm not sure where I'd find the ghouls more dangerous!

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Crime/Drama

Passion

Director. Brian De Palma

Stars. Rachel McAdams, Noomi Rapace

It's unclear whether the joke is on audiences or director Brian De Palma when watching this campy thriller about two female co-workers fighting for a plum company position. The veteran director of psycho-sexual fare may have returned to features after a five-year absence, but fails to return to form. Even a heartfelt performance from Rachel McAdams as the boss and jilted lover of Noomi Rapace cannot salvage what starts out as a sort of Cruel Intentions set in Germany and quickly turns into a B-movie mess with interminable dream sequences, labyrinth-like plot and weak resolution.

MANORI RAVINDRAN

Action/Comedy

The Family

Director. Luc Besson

Stars. Robert De Niro, Michelle Pfeiffer

This fish-out-of-water story sees The Manzonis: Maggie (Michelle Pfeiffer), Belle (Diane Argon), Warren (John D'Leo) and father, hit-man-turned-stoolie Giovanni (Robert De Niro), in witness protection in Normandy. Overseen by an FBI handler (Tommy Lee Jones), they try and fit in. Trouble is, they don't blend. The Family is a Bobby D mob flick, so it isn't terrible, and co-star Michelle Pfeiffer, brings back fond memories of Married to the Mob, but the film teases us with visions of De Niro in gangster mode and lets us down with a paint-by-numbers story.

RICHARD CROUSE

Finding the Canuck in Kurt

The Art of the Steal. Jay Baruchel had a great time on set with co-star Kurt Russell

RICHARD CROUSE
scene@metronews.ca

The Art of the Steal opens in theatres next Friday. CONTRIBUTED

"You show up on set and you look over here and there's Kurt Russell and there's Terence Stamp," says Jay Baruchel of shooting his new film The Art of the Steal. "And you think, 'I have a pretty cool gig.'"

The heist film sees Kurt Russell and Matt Dillon as Crunch and Nicky Calhoun, brothers and art thieves who haven't worked together since Nicky snitched on Crunch and sent him to prison. Years later they team up to steal one of the world's rarest books, but will the job lead to more double-crossing?

Baruchel co-stars in this twisty-turny movie as Crunch's sidekick and protégé, which meant he got to spend a great deal of time with Russell.

"It's one of these things where if we didn't get along at all we would find a way to fake it but what really helped is that we were two Chatty Cathys. I would ask him every conceivable thing. Every John Carpenter story. Stuff about Tango and Cash. Stuff about Tombstone, one of my very favourite movies of all time.

"He was cool to talk about all of it so whenever cut was called Kurt and I would go outside and have a cigarette and talk. We talked about everything. We talked about politics. We talked movies, sports. He's a Canadianophile as well, so the man has some real Canadian bona fides. So when it comes time to say action, there's an energy, a connection, a shorthand because we enjoy one another's company.

"It can be faked, but it's way less fun and way more work."

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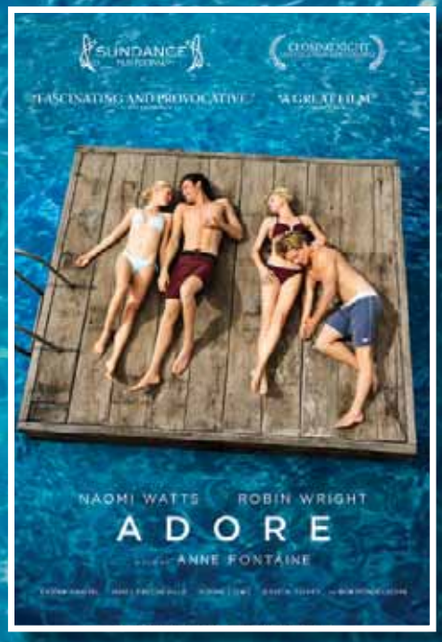

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They got by with a little help from Freda

Tale of a secretary. Freda Kelly had a unique perspective on one of the world's biggest bands — and now it's in a doc

MATTHEW PRIGGE
Metro World News in New York

Freda Kelly with Paul McCartney. CONTRIBUTED

Freda Kelly spent years not talking about her former swanky job: as the secretary for the Beatles, specifically manning their fan club, from 1961 to 1972. When she decided to finally break her silence, it was for entirely selfless reasons.

"I just wanted a little DVD for my grandson," she says.

Various people approached her over the years, wanting her to write books and do interviews. "I just shrugged it off. There's too many out there, and everybody knows the story anyway. But when my grandson came along, my daughter said, 'Oh, mum, your memory's going and you don't write anything. Do something for Nile, to let him know what you did."

This wound up becoming Good Ol' Freda, a feature-length documentary consisting of Kelly reminiscing about her former employers. In film, and in person, she radiates a genuine modesty and warmth, feeling, well, grandmotherly.

Asked why she spent so long shooting down interview requests, she replies, "I just wanted to be what I was: a housewife and a normal person."

She did other jobs after working for the Beatles, including working on a farm and working for a landscape contractor. Even while shooting, she was unconvinced about how interesting she would be to outside parties, which she brought up to her director, Ryan White. "I kept saying, 'Do you have enough? Do you think you have enough for a film? I don't think you have enough for a film.'"

Yet even at 86 minutes, there are plenty of stories that didn't make the cut. White shot some 40 hours of interviews, and promises that a particularly juicy story — about a raucous after-party for the 1967 film How I Won the War, which featured John Lennon — will be on the DVD. Asked for what happened, Kelly demurs, saying we don't have enough time to go into it.

She still elaborates on stories in the film, particularly about how — because she had initially and accidentally put the fan club address as her family's — she got fans coming to her home. Some she even put up, or gave bus fare.

Once the Fab Four relocated to London and she chose to stay behind, she found herself becoming a bit of a stalker too.

"Once I knew a Beatle was at home with their parents, I was there like a shot. Because I needed them to sign things for the fan club," she recalls.

"They must have had enough — 'She's turned up again with that bag full of stuff.' They never told me to 'Go away, I'm not doing it.'"

One of her bosses, Ringo Starr, appears at the end of the film. But it's not a reunion.

"I haven't spoken to him," Kelly says.

After the fan club was dissolved, she kept in touch for three years. "I can't even remember how it faded out. I wouldn't have kept in touch because I had moved on then."

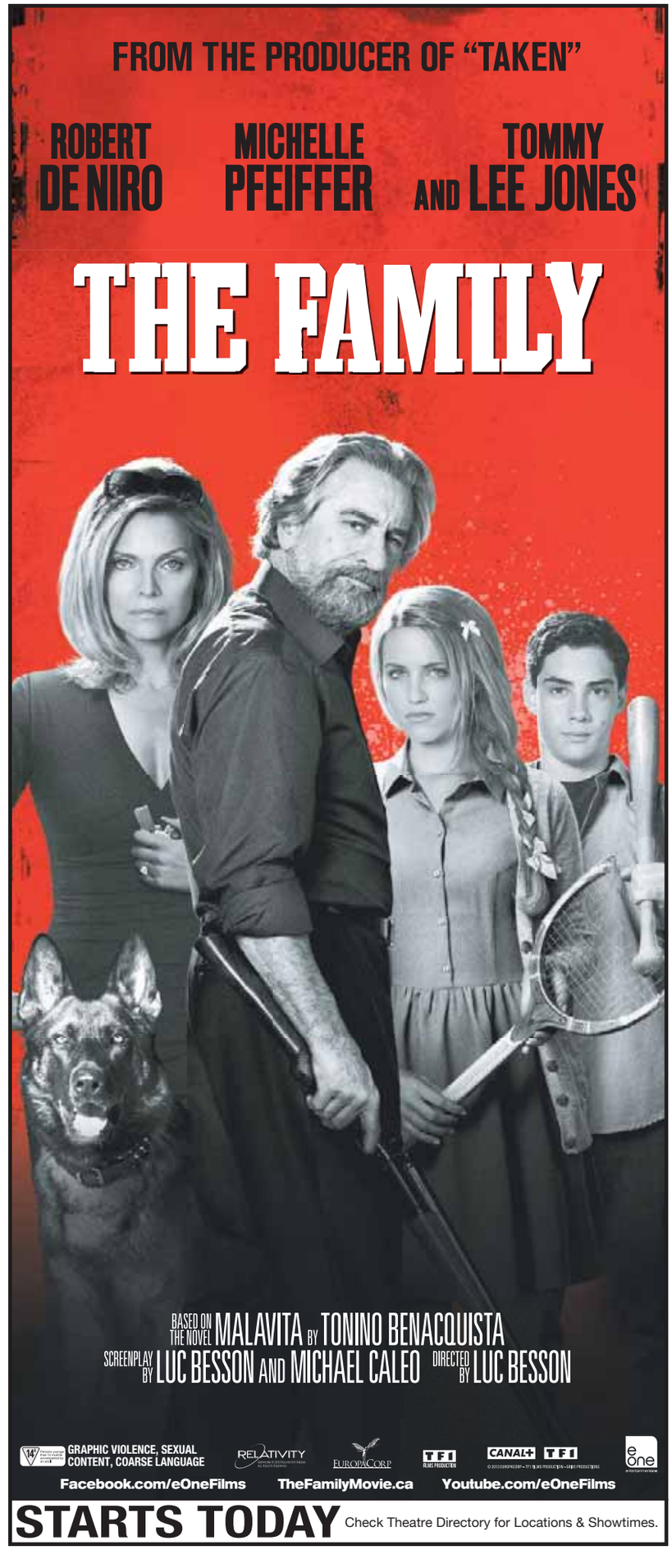
She did go see both Paul and Ringo concerts in Liverpool, where she still resides. But she didn't meet with them. "I wouldn't knock on the door and go, 'Hello! I used to work for you 40 years ago! Can I come in?'"

Asked what her favourite song is, she resists, saying there are too many, then names Here, There and Everywhere ("for the harmonies"). But not all are winners.

"Hey Jude," she blurts out. "I'm not keen on Hey Jude. I think it goes on forever."

Director's cut

Filmmaker Ryan White actually knew Kelly for years, as his uncle is Billy Kinsley, of the fellow Liverpudlian breakout band The Merseybeats. But he had no idea of her former job. "She really is that private," he says. He found himself thrust into making a film on a subject he never dreamed of tackling. "I wanted to do something that wasn't just telling the Beatles' story again," he says. Kelly provided an interesting angle. "She's one of the few members of the inner circle who hasn't passed away. She has one of the few female perspectives on the inner circle. And this is one of the few untold stories — probably the last true story you'll hear about the Beatles. She also has an interesting perspective because she can humanize them. She knew them."



Joseph Gordon-Levitt wrote, directed and starred in Don Jon. GETTY IMAGES

Stripping away the skin of sexual objects

Don Jon. Joseph Gordon-Levitt talks about his co-star and the motives behind his new film

NED EHRBAR
Metro World News at TIFF

There's something seriously wrong with our culture and people's romantic expectations, and Joseph Gordon-Levitt suspects his own industry might be more than a little responsible.

At least, that's what prompted him to write and direct Don Jon, about a guy (Gordon-Levitt) whose views on women and sexuality are shaped by online porn and a girl (Scarlett Johansson) whose ideas of romance are the product of too many Hollywood movies.

"I grew up working in movies and TV and stuff, so I've had the experience where I've heard people say, 'Why can't my life be like that movie?' or 'Why can't I find somebody like your character in the movie?' And frankly I find that a little disturbing," Gordon-Levitt says. "It's a very tempting thing to try to oversimplify your life, but the truth is real life is way more complicated than the fantasies that we see on screen. And it's more beautiful, it's more detailed, more nuanced, but you'll miss those details if you're too busy comparing your real life to the fantasies on a screen. I thought that bringing that into a guy who watches too much pornography and then comparing that to a woman who watches too many romantic movies was a funny and really kind of extreme way of talking about that oversimplification."

And when it came to casting his rom-com-obsessed leading lady, there was only one actress on his list — and luckily Johansson said yes.

"She's perfect because this is a movie about how people — and especially women in our culture — are reduced to sexual objects," Gordon-Levitt says. "Well, our culture is guilty of doing that to Scarlett in particular. She's such a smart person, she's such a talented artist, and yet most of what people talk about is her looks. She's a lot more than that. So I thought bringing her into this equation would also kind of help make that point resonate."

While Don Jon marks Gordon-Levitt's first feature film as a director, he's not exactly a newcomer. Aside from having a successful and diverse acting career stretching back to his elementary school days, he's also been exploring behind the camera for a while, as fans of his hitRECord.org organization know well.

"I've made a lot of short films and videos — without exaggeration, probably hundreds of them," he says. "For my 21st birthday, I got myself my first copy of Final Cut, which is a video editing software. I've spent a lot of time pointing the camera at myself, doing something, putting the footage on the computer, cutting it together, seeing how it works, so I just got used to that process, and I think that was hugely beneficial. If I hadn't have spent that time doing that, I would have been much more timid as a director."

And as it turns out, on that first day on set he didn't have time to be nervous anyway.

"I don't get so nervous very often, but I was very excited," he says. "You have to focus so, so strongly on making sure that everything is coming together. Directing is quite different from acting. There wasn't time to be nervous. There was too much to do."

The Double. Ayoade staying submerged following Submarine

Director Richard Ayoade follows up Submarine with the clever, inventive and highly stylized The Double, starring two Jesse Eisenbergs in a story based on Fyodor Dostoyevsky's novel. We caught up with the incredibly shy Ayoade just after he finished a post-screening Q-and-A for an enthusiastic TIFF audience.

How did the Q-and-A go?
It seemed OK, yes. They're always odd, Q-and-As, because you feel … You know, I've never asked a question at a Q-and-A. Personally, I feel shy and they're always bit… yeah. It's a weird way to talk about something. It's very hard for everyone concerned, mainly the audience.

Friends keep asking me if this is anything like Submarine, but it's quite different, isn't it?
With Submarine, the idea of how it was filmed came from what it was about, really, and with this it would be someone who would imagine themselves in a certain esthetic. This felt like someone needed to exist in a certain environment to feel this, and that environment should represent their feelings more. You know that painter Giorgio de Chirico? He was a symbolist painter and created these odd landscapes that came more out of dreams and nightmares. More that kind of a world, where you have something that's impossible but creates an emotion, like having a building that looks like it's night but has sunlight around it creates a feeling that could not exist realistically or represent something in reality.

NED EHRBAR/MWN

One more question

How was it directing two distinct Jesse Eisenberg performances?

- **Quote.** "Really, as silly as it sounds, it just takes longer because you have to rehearse everything twice. So you rehearse as one character once then rehearse as the other character, but probably as a result you go through the scenes much more carefully than you ordinarily would."

Mia Wasikowska, Richard Ayoade and Jesse Eisenberg walk the red carpet at TIFF. GETTY IMAGES

Spit take

"They were wonderful. It's a shame they are so rarely needed in films because they're the most obliging film animal ever. They just sort of follow you and eat when they want and they're used to these long treks. They're perfect for films."

Mia Wasikowska
Star of Tracks, talking about using camels in movies.

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Dobber@TIFF: Pulling out the Trump card

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Online

Andrew John Virtue Dobson is a Toronto-based personality with a penchant for the city's top art, theatre, restaurant, bar and nightlife experiences. All during TIFF he will give Metro readers special access to the city's celebrity-laden hotels, bars and restaurants.

- Visit metronews.ca/tiff to see some highlights from Andrew's week

ANDREW JOHN VIRTUE DOBSON

Fans of The Donald can cash in at The Trump Hotel for the N.Y.-based tycoon's signature Toronto experience. The hotel offers plush suites and a perfect dining room with a view overlooking the hustle and bustle from the 31st floor. Watch the sun set as the razzle dazzle TIFF crowd come out to party the night away at Stock Restaurant and Bar.

Room details

The Trump Hotel is located in the heart of Toronto's Financial District at Bay and Adelaide. The hotel's Deluxe Suite features nine-foot ceilings, king-sized bed, European-style wet bar, spacious living room area with a coffee table book featuring the always-charming Ivanka, oversized windows overlooking the city, LCD TV built into the bathroom mirror, Italian Bellino linen and 40 inch LCD flat-screen HDTV.

Dining

Executive Chef Todd Clarmo works his magic in the kitchen from the 31st floor at Stock Restaurant and Bar. A perfect pairing for your next visit: A melt-in-your-mouth eight ounce filet mignon steak ($42) with a bottle of the hotel's signature label vin rouge produced by local winemaker Vineland Estates.

Bar

Mixologist Chris MacNeil has crafted a creative cocktail list which would make The Donald proud. Pinstripe suits stick to sipping the signature I Smoked My Sidecar ($22), which packs a serious punch: Hennessy infused with Mombacho Cigar and cedar and Grand Marnier Cuvée du Centenaire tainted purity.

TIFF/Celebrity hook

The hotel has recently served as press-junket central for movies like The World's End, with Edgar Wright, Robert Michael Sheehan, Kevin Zegers and Jamie Campbell Bower on hand, and The Mortal Instruments: City of Bones, with star Lily Collins.

Recommendation

Every Sunday morning Stock hosts one of Toronto's most decadent buffet breakfasts. Their Bon Vivant Brunch ($49 per person) is a perfect way to spend the morning and early afternoon lapping up plate after plate of edible luxury. Brunch includes eggs à la minute, omelettes made fresh to order before your eyes, Prime USDA Tomahawk Roast, seafood from the oyster and raw bar, cheese, charcuterie and jaw-dropping desserts.

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What people truly experience: In most cases also stops snoring and gasping for air (sleep apnea) first night. Stops torturing your partner all night. Good sleep prevents being tired next day. Tired people work only at half capacity. ■ **I really didn't snore or gasp for air anymore.** I sleep through the night and feel rested and refreshed in the morning. *Mark Wilson, 40, Hudson, NH* ■ **Sleep apnea capsules worked first night!** For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. *Karen Braun, 67, Glace Bay, NS* ■ **For 20 years I was waking up frequently gasping for air.** During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. *Mary C. Myrick, 62, Jackson, MS* ■ **It is such a joy not having to use the CPAP machine.** I have had sleep apnea for 10 years. Using Bell#23, my wife says there is no more snoring or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. *Wayne Burse, 63, Beamsville, ON.*

#24

Allergies are a modern epidemic

NPN 80043542. Provides source of antioxidants. Holy basil is traditionally used in Ayurveda as an expectorant to help relieve respiratory catarrh (inflammation of respiratory tract mucus membranes).
By Dr. Chakib Hammoud, M.H.,PhD.

What people experience: ■ **I tried numerous other remedies all my life that were not effective.** Since I discovered #24 I do not have a stuffy nose and itchy eyes when pollen season comes around. I don't have to walk around like a doped zombie anymore. *Leonard Waldner, 44, Delia, AB* ■ **For 20 years my life was miserable** with sneezing, watery eyes and sinus pressure year-round on most days. I was amazed. On 3rd day all allergies were gone. It was like magic. *Becky Gerber, 25, Dover, OH* ■ **Golfing without allergy attacks** I tried all the medications and none worked. After taking 1 capsule in the morning I'm completely free of all symptoms. *Richard Gamez, 74, San Antonio, TX* ■ **God bless you** I went from doctor to doctor for years with allergy sinus problems. The medications made me still sicker. After starting Bell Allergy Relief one capsule at night I felt like born again the next morning. *Therese Noto, 58, New York, NY.*

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Bell uses the power of nature to help put life back into your lifestyle

Bladder & Yeast Infection

#31

NPN 80038535 A diuretic to help relieve mild urinary tract infections.
By Dr. Chakib Hammoud, M.H.,PhD.

True success stories by women: ■ **Bladder & Yeast Infection #31 works within a day or two!** My experience in the last 4 years is that whenever I feel symptoms of an infections I take two capsules for a day or two and the infection is gone. I love this product. Pat Pearce, 53, Brantford, ON ■ **30 years of bladder infections gone!** For 30 years my doctor prescribed antibiotics. As soon as the medication finished the next bladder infection came back. After 2 days taking Bell # 31 I noticed a complete relief of my infection I had all these 30 years. God bless you all for helping all of us women. Emell Whitaker, 69, Bronx, NY ■ **Bladder infections kept on coming back.** Since starting Bell Bladder & Yeast Infection #31 my infection was gone and I now take it from time to time for prevention and I have no more bladder or yeast infections. I told family and friends how good Bell products are. Thank you! Maria Racz, 60, Vancouver, BC ■ **Went to the bathroom 10 times in an hour and more frequently at night!.** In the last 2 years I went a number of times to the doctor and got different antibiotics and none of them worked. My urination would burn enormously. I bought your Bell Bladder & Yeast infection #31. I can now work all day or sleep all night without getting up to go to the bathroom. I am not afraid anymore to drink water when I am thirsty. Praise the Lord! Thank you! Harriett Priester, 60, North Charleston, SC

#36

REMEMBERING & IQ

NPN 80042656 Helps to enhance memory and cognitive function in adults.

By Dr. Chakib Hammoud, M.H.,PhD.

Actual results by people: ■ **Imagine how frustrating it is for someone with a Ph.D.** who has difficulties to concentrate and remembering something that happened yesterday. Now that I use your Super IQ Brain Function #36 I seem to be back to normal. I recommend it to anyone experiencing memory loss of any kind. Glenn A. Guidry Ph.D., 55, Nashville, TN ■ **As a student I was surprised with final exams results of 95%!** I started taking Bell IQ Function #36 half a year ago when I had trouble remembering things in a course. Things changed drastically when I started to take these capsules. I could concentrate and excel better than ever before. Exams results were 95% correct! Theresa Williamson, 31, Toronto, ON ■ **I bought the Super IQ Brain Function for my grandma, who has dementia.** Her thoughts were wandering in and out. Since she is taking #36 she recognizes us all, sings again and remembers all the lyrics. Instead of sleeping pills she is drinking the Bell Sleep & Relax Tea #21a and she is not groggy anymore in the morning. She is a delightful person again. We are all grateful. Wendy Simpson, 52, Calgary, AB

Calming Stress

#66

NPN 80041855 Helps to promote healthy mood balance, relaxation, use as a sleep aid and mental stress. ***By Dr. Chakib Hammoud, M.H.,PhD.***

Truthful experience by people: ■ **I am calm now in stressful situations!** In the past 10 years I had a very short fuse, because my job is quite unpredictable. After I started Bell Calming Chronic Stress #66 the difference was amazing. My reactions to stressful situations are totally changed. I also have more energy, too. I don't yell at others. I have more patience and I am much happier as well. Thank you. Mary-Anne Thompson, 61, Lasalle, ON ■ **I suffered greatly from anxiety.** Standard treatments did not make me feel good. So my mother bought Bell Calming Chronic Stress #66 and it has been helping me a lot. I am on my 3rd bottle. Remington Fletcher, 19, Ponty Pool, ON ■ **I have a very high stress career** in the film industry. There was no time for relaxation or meditation as you are on demand for 12-15 hours a day with no breaks. Since using Bell #66I am able to focus on the tasks at hand with more patience. Thank you for your help! Christina Ollson, 36, Burnaby, BC ■ **It's exactly one year since we began using Bell Calming Chronix Stress #66 for our two sons.** Our local health food store recommended it. Both of our sons suffer from anxiety disorders. Our older son (14) was going through puberty and had become quite unmanageable, because he is much larger than I am. We are delighted with the immediate results. Our older son became his former sweet self and our younger son's (12) anxiety is dramatically reduced. Thank you so much. Donna Van Veen, 48, Grand Prairie, AB

#70

Inflammexx

NPN 80041845 An anti-inflammatory to help joint pain.
By Dr. Chakib Hammoud, M.H.,PhD.

People write us it helps with all types of inflammation:

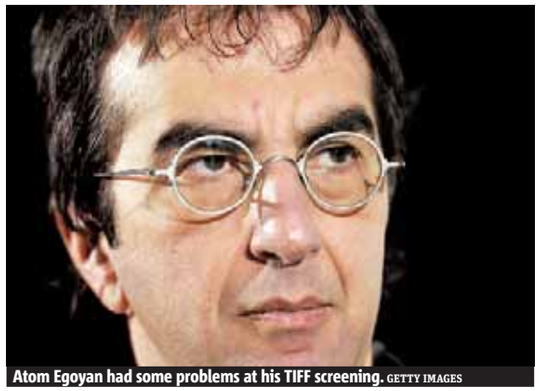
■ **For the last 7-8 years I had inflammation in my spine L4 & L5,** back and neck muscles that was unbearable and almost crippled me. After starting #70 for 30 days it gave me relief like a miracle. Most pain has disappeared and I can function again. Heather Tremblay, 53, Medicine Hat, AB ■ **Had "Charlie horses" bumps on my legs that were very painful.** I tried everything. After taking #70 the bumps diminished and I had no more pain. Mary Griego, 67, Tijeras, NM ■ **I had shingles for 30 years. After taking #70** for my shingles I discovered it also relieved my frozen shoulders. I can now raise my arms above my head, exercise and do all work again. I am ecstatic. Lovorn M. Bowe, 60, Roanoke, VA ■ **Big difference in chronic nerve pain** I suffered for 15 years all over my body, especially sciatica, osteoporosis, gout. I had great relief within 1 week. Cecile Sager, 69, Verner, ON ■ **Inflamed achilles tendon relief in 2 weeks.** I am back on the court playing basket ball. Inflammexx is amazing. Alan R. Spady, 67, Bothell, WA

100% Truthful testimonials with full name and towns. Real people you can call, if you want more reassurance. More testimonials on the Bell website. No money is paid for testimonials.

Don't get it twisted, Devil's Knot is not West of Memphis

Interview. Atom Egoyan talks about his dramatized look at the West Memphis Three case and some technical difficulties

NED EHRBAR
Metro World News in Hollywood



Atom Egoyan had some problems at his TIFF screening. GETTY IMAGES

Atom Egoyan's Devil's Knot presents a dramatized look at the infamous West Memphis Three case, in which Damien Echols, Jason Baldwin and Jessie Misskelley, Jr. were arrested for the gruesome murder of three young boys.

While TIFF audiences who saw last year's documentary West of Memphis might be familiar with the particulars of the case, Egoyan is eager to show it to the uninitiated.

Everything didn't go so smoothly at this morning's screening, huh?
I was a little pissed off because one of the speakers wasn't working, so there were little bits of dialogue that you couldn't hear. I fixed it because I was checking up on things. I just poked my head in. The thing is that at some point you tell yourself you have to let it go, and every time I try to let it go, I say, 'OK I'll just let it go,' but when I poke my head in there's always a reason why I should've been there and it's a good thing I was there, so you're not rewarded for letting it go ever.

You use actual court transcripts for the courtroom scenes in this.
That's the strange thing about the movie.

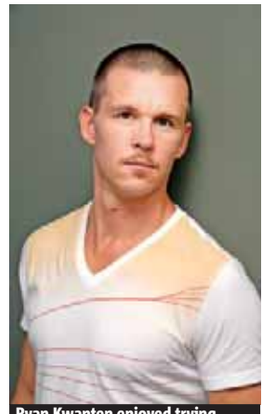
It says "based on a true story," but I wish there was some way to make it clear that everything said in the courts is actually verbatim, anything that's recorded by the police is actually verbatim.

Which is actually what makes it very difficult because there are things that are wonderful because you couldn't write that, but then there are things that you wish you could just tweak dramatically a little bit.

West of Memphis is still fresh in a lot of festival-goers' minds. Do you find that helpful, or does it get in the way?
That's the great divide with this movie. For the people that know nothing about it, this is a really strong crime drama. You're just overwhelmed by this case.

Interview. Dark, complex and romantic — that's Kwanten's style ... sort of

When not playing Jason Stackhouse on True Blood, Ryan Kwanten has looked to build up his film resumé with dark, complex roles, like the Australian films Red Hill and Mystery Road. So no one was more surprised than him that he responded so strongly to the romantic comedy The Right Kind of Wrong. Of course, it doesn't help that even in this he takes a hell of a beating.



Ryan Kwanten enjoyed trying something new. GETTY IMAGES

This role is a bit of a departure for you.
I must admit I'm not a huge rom-com guy. I'm much more of a, "Let's break down the psyche." Give me a character that you have to keep knocking down. Let's see the fragments of a man and see him put himself back together. But this was that in a rom-com, and I've never really experienced that before. Reading it, every time I expected it to go into that typical, clichéd ending of an act or a scene, it totally twisted in a way I wasn't expecting, then it would do the same again to the point that I was like, "OK, I'm going to stop predicting anything here because obviously I'm none for 20 right now."

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How I Live Now keeps things hidden with Saoirse Ronan

Interview. The a-typical star speaks to Metro about her roll as an American teenager in England when the bombs started to fall

NED EHRBAR
Metro World News in Hollywood

In How I Live Now, Saoirse Ronan's sullen American teenager heads to England to spend the summer with some distant cousins. But days of youthful idyll and blossoming love are pushed aside when an unnamed enemy nukes London and invades the country, plunging them into war and changing her life forever. Not your typical love story, and that's exactly what Ronan was looking for.

What first struck you about this project?

Quoted

"It's giving the audience something to work out for themselves instead of telling them what's going on."

Saoirse Ronan
Talking about How I Live Now

Well, (director) Kevin (McDonald) was a big draw for me. And I kind of felt with a director like him making this film — which could so easily be very commercial and quite cheesy — he would make something very real out of it. So I was struck by the fact that it was just so realistic, even in the way it was written, but yet very simple. There's nothing too fancy about it. Even when it was shot, we didn't have any kind of epic war shots or anything like that. It's all very intimate, and it means that we don't focus as much on the war and all that kind of stuff as we do on the devastation that it's left behind and that it's causing.

One more question

It's a very physical role, no?

- **Quote.** "Yeah, it is. It's nice, though; it's nice to do that kind of stuff. Just run around in a forest, get chased by two men, bring a little kid with me, why not? As you do. It's a regular weekend."

It's always nice to see a film that respects the audience's intelligence and doesn't spell everything out.
Yeah, exactly. I love those kind of films. I love speaking dialogue, but at the same time I find that things can be explained so much more clearly with just a gesture or a look. It's giving the audience something to work out for themselves instead of telling them what's going on. Kevin doesn't ever do anything that's unnecessary, I don't think, or superfluous, and I really admire that. I think it's more enjoyable in a film when it's not, 'This is what the story's about! And this is what you have to feel!' You know, you're working it out a bit more for yourself.

Early on, they don't make it easy to root for your character.
Yeah, she's a tough one. She's a bitch. She could just be very unlikable, and if you didn't balance out her standoffish-ness with the want to be accepted and the kind of yearning that she has to be accepted, then nobody will care what happens to her and no one really likes her. And that's fine at the start for them to feel that way, but obviously she needs to change and mature.

Saoirse Ronan stars in How I Live Now. CONTRIBUTED

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THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT. 13 TO THURS., SEPT. 19 TIMES ARE SUBJECT TO CHANGE.

Bloor Hot Docs Cinema
506 Bloor St.

20 Feet From Stardom (PG) Mon 9:15 Wed 6:30 Thu 9
Alive Inside (STC) Thu 6:45
Bidder 70 (STC) Tue 6:30
Israel: A Home Movie (G) Mon 6:30 Tue 9:15 Wed 4-8:45
Toronto International Film Festival (STC) Fri-Sun

Carlton, 20 Carlton St.

Before Midnight (14A) Fri-Sat 1:20 Sun-Thu 1:20-7:10
Drinking Buddies (14A) Fri-Thu 1:50-3:50-7-9:05
The Family (14A) Fri-Thu 1:35-4:05-6:50-9:20
Insidious: Chapter 2 (14A) Fri-Thu 1:45-4:15-7:05-9:25
Only God Forgives (18A) Fri-Sat 3:45 Sun-Thu 3:45-9:30
Passion (STC) Fri-Thu 1:40-4:20-6:45-9:10
Riddick (14A) Fri-Thu 1:20-3:55-6:45-9:15
Sample This (STC) Fri 9
Toronto Indie Film Festival (STC) Fri 6-7:45-9:15 Sat 6-7:30-9:15
The Way Way Back (PG) Fri 1:25-4:10-6:40 Sat-Thu 1:25-4:10-6:40-9:30
We're the Millers (14A) Fri-Thu 1:30-4-6:55
The World's End (14A) Fri-Thu 1:35-3:55-7-9:20
You're Next (14A) Fri-Thu 9:35

Scotiabank Theatre
259 Richmond St.

2 Guns (14A) Mon-Thu 1:40-4:40-7:10-9:45
The Conjuring (14A) Mon-Wed 1:30-4:10-6:55-9:30 Thu 12:45-4:10-6:55-9:30
Elysium (14A) Mon-Thu 2:20-5-7:50-10:30
Elysium: The IMAX Experience (14A) Mon-Thu 1:50-4:30-7:15-9:50
The Family (14A) Mon-Thu 2:30-5:20-8:05-10:40
Getaway (PG) Mon-Tue 2:05-4:25-6:45-9 Wed 2:05-4:25-9:55 Thu 2:05-4:25-6:45-9
The Grandmaster (PG) Mon-Thu 2-4:50-7:40-10:15
Kick-Ass 2 (14A) Mon-Wed 2:50-5:30-8:10-10:45 Thu 3:15-5:45-8:15-10:45
Man of Steel 3D (PG) Mon-Thu 1-4-7-10:05
Red 2 (PG) Mon-Thu 12:55-3:30-6:20-9:10
Star Trek Into Darkness 3D (PG) Mon-Thu 12:50-3:40-6:40-9:40

Riddick CONTRIBUTED

The Wolverine 3D (PG) Mon-Thu 1:20-4:15-7:25-10:20
World War Z 3D (14A) Mon-Thu 1:10-3:50-6:30-9:20
You're Next (14A) Mon-Thu 2:35-5:10-7:30-10

Market Square
80 Front St.

The Conjuring (14A) Fri-Sun 7:15-9:40 Mon 9:40 Tue-Thu 7:15-9:40
The Family (14A) Fri 6:30-8:50 Sat-Sun 1:30-6:30-8:50 Mon-Thu 6:30-8:50
Insidious: Chapter 2 (14A) Fri 6:45-9 Sat-Sun 1:45-6:45-9 Mon-Thu 6:45-9
Much Ado About Nothing (14A) Sun 3:15 Mon 7:15
Riddick (14A) Fri 7-9:30 Sat-Sun 1:15-7-9:30 Mon-Thu 7-9:30
The Smurfs 2 (G) Sat-Sun 1

Revue Cinema
400 Roncesvalles Ave.

Blue Jasmine (14A) Fri 7 Sat-Sun 4:15-7 Mon 9 Tue 7 Wed 1-7 Thu 9:30
Forks Over Knives (STC) Thu 6:30
In a World... (14A) Fri-Sun 9:15 Mon 7 Tue-Wed 9
Monsters University 3D (G) Sat-Sun 2

The Royal
608 College St.

Blackfish (PG) Fri-Mon 9 Wed-Thu 9
Call Theatre For Showtimes (STC) Tue
The Way Way Back (PG) Fri-Mon 7 Wed-Thu 7

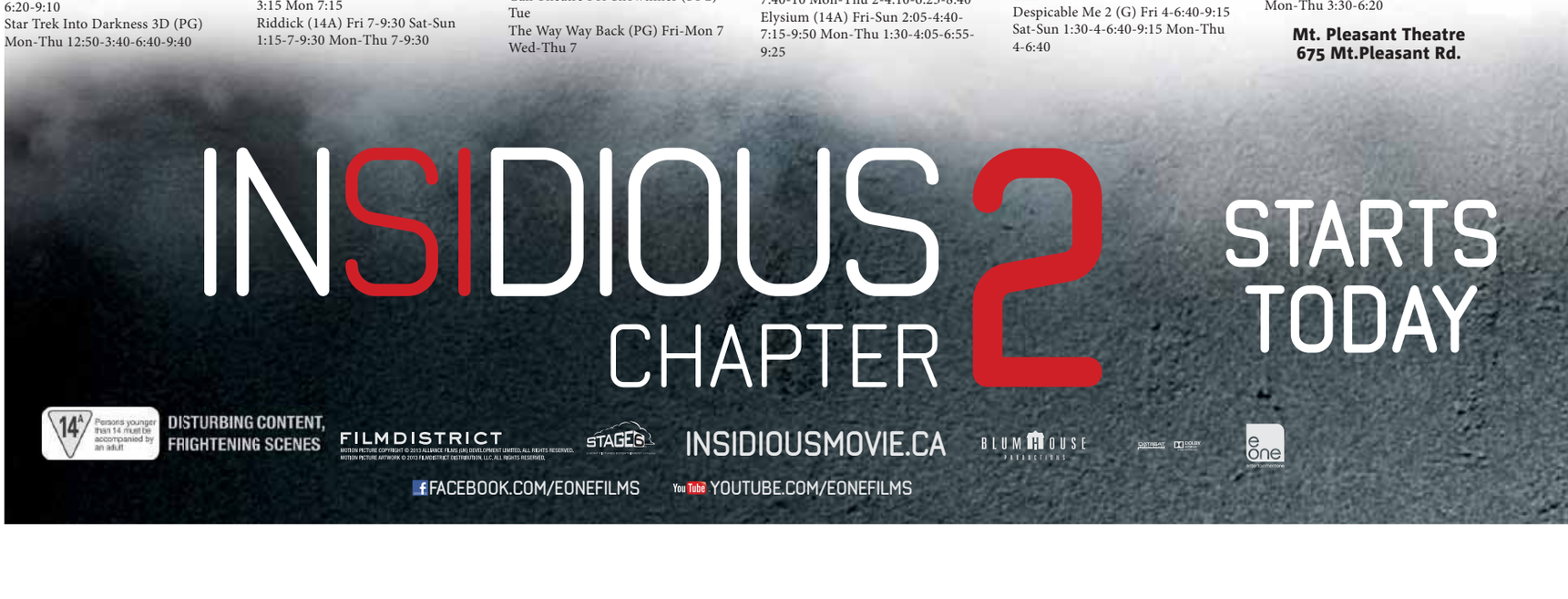
Varsity
55 Bloor St. W.

Adore (18A) Fri-Sun 1:35-4:20-7:05-9:50 Mon-Thu 2:05-4:45-7:25-9:55 Fri-Sun 1-3:45-6:20-9 Mon-Thu 1:45-4:35-7:10-9:45
The Attack (14A) Fri-Sun 1:45-4:15-6:50-9:35 Mon-Thu 1:35-4-6:35-9
Blue Jasmine (14A) Fri-Sun 1:15-2-3:55-4:35-6:35-7:10-9:15-9:40 Mon 2:15-2:30-4:50-5:05-7:20-7:35-9:45-10 Tue 2:15-4:50-7:20-7:35-9:45-10 Wed 2:15-2:30-4:50-5:05-7:20-7:35-9:45-10 Thu 1:45-2:15-4:15-4:50-7:20-9:45-10 Fri-Sun 12:40-3-5:20-7:40-10 Mon-Thu 2-4:10-6:25-8:40
Elysium (14A) Fri-Sun 2:05-4:40-7:15-9:50 Mon-Thu 1:30-4:05-6:55-9:25
In a World... (14A) Fri-Sun 12:35-2:55-5:15-7:45-10:05 Mon-Thu 1:55-4:20-6:40-9
Jobs (14A) Fri-Sun 1:10-4-6:55-9:45 Mon-Thu 1:30-4:25-7:20-10
Lee Daniels' The Butler (14A) Fri-Sun 12:45-3:50-7-10 Mon-Thu 3-6:20-9:30 Fri-Sun 12:30-3:30-6:35-9:30 Mon-Thu 2:15-5:15-8:15
The Spectacular Now (14A) Fri-Sun 1:40-4:10-6:45-9:25 Mon-Thu 1:45-4:10-6:45-9:15

Canada Square
2200 Yonge St.

Closed Circuit (14A) Fri 3:30-5:50-8:30 Sat-Sun 1-3:20-5:50-8:30 Mon-Thu 3:30-5:50
Despicable Me 2 (G) Fri 4-6:40-9:15 Sat-Sun 1:30-4-6:40-9:15 Mon-Thu 4-6:40
Ekstra (PG) Fri 4:10-7-9:30 Sat-Sun 1:20-4:10-7-9:30 Mon-Thu 4:10-7
Fruitvale Station (14A) Fri 3:50-6:10-8:40 Sat-Sun 1:40-3:50-6:10-8:40 Mon-Thu 3:50-6:10
Jobs (14A) Fri 3:40-6:30-9:20 Sat-Sun 12:50-3:40-6:30-9:20 Mon-Thu 3:40-6:30
Kick-Ass 2 (14A) Fri 4:20-6:50-9:25 Sat-Sun 1:50-4:20-6:50-9:25 Mon-Thu 4:20-6:50
Percy Jackson: Sea of Monsters (PG) Fri-Sun 6:25-9 Mon-Thu 6:25
The Smurfs 2 (G) Fri 3:45 Sat-Sun 1:10-3:45 Mon-Thu 3:45
The Wolverine (PG) Fri 3:30-6:20-9:10 Sat-Sun 12:40-3:30-6:20-9:10 Mon-Thu 3:30-6:20

Mt. Pleasant Theatre
675 Mt.Pleasant Rd.



The Great Gatsby (PG) Fri-Sat 9:10 Sun 6:45 Wed 7
No Films Showing Today (STC) Mon
Unfinished Song (PG) Fri-Sat 7 Sun 4:30 Tue 7 Thu 7

Regent Theatre
551 Mt.Pleasant Rd.

Before Midnight (14A) Fri-Sat 7-9:10 Sun 4:30-7 Tue-Thu 7
No Films Showing Today (STC) Mon

Yonge-Eglinton Centre
2300 Yonge St.

Blue Jasmine (14A) Fri-Sun 1:10-3:35-6:20-9:10 Mon 1:10-3:35-6:20-9 Tue 1:10-3:35-6:20-9:10 Wed 1:10-3:40-6:20-9 Thu 1:10-3:35-6:20-9
Elysium (14A) Fri-Sun 1:50-4:35-7:10-9:50 Mon 1:50-4:35-7:10-9:45 Tue 1:50-4:35-7:10-9:50 Wed-Thu 1:50-4:35-9:45
The Family (14A) Fri-Sun 1:30-4:10-6:50-9:40 Mon 1:30-4:10-6:45-9:30 Tue 1:30-4:10-6:50-9:40 Wed 4:10-6:45-9:25 Thu 1:35-4:10-6:45-9:35
Star & Strollers Screening Wed 1
Insidious: Chapter 2 (14A) Fri-Sun 2:10-5-7:40-10:15 Mon 2:10-4:55-7:30-10 Tue 2:10-5-7:40-10:15 Wed-Thu 2:10-5-7:30-10
Lee Daniels' The Butler (14A) Fri-Tue 1-4-7-10 Wed 4-6:55-10 Thu 1-4-6:55-10 Star & Strollers Screening Wed 1
One Direction: This Is Us - Extended Fan Cut (STC) Fri-Tue 1:20 Wed-Thu 1:25
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri-Sun 3:55-6:30-9:20 Mon 3:55-6:30-9:10 Tue 3:55-6:30-9:20 Wed-Thu 3:55-6:30-9:10
Riddick (14A) Fri-Sun 1-3:45-6:40-9:30 Mon 1-3:45-6:35-9:20 Tue 1-3:45-6:40-9:30 Wed 1:05-3:50-6:40-9:35 Thu 1-3:45-6:35-9:25
Swan Lake Mariinsky Live 3D (STC) Wed 7
We're the Millers (14A) Fri-Sun 2-4:45-7:30-10:15 Mon 2-4:45-7:20-9:55 Tue 2-4:45-7:30-10:15 Wed-Thu 2-4:45-7:20-9:55
The World's End (14A) Fri-Sun 1:40-4:25-7:20-10:10 Mon 1:40-4:20-7-9:40 Tue 1:40-4:25-7:20-10:10 Wed 1:20-4-7:10-10:05 Thu 1:15-3:50-7:10-9:50

Yonge & Dundas 24
10 Dundas St East

2 Guns (14A) Fri 2:45-5:25-8-10:30 Sat-Sun 12:05-2:40-5:15-7:50-10:25
Becoming Traviata (G) Sat 12:55
Blue Jasmine (14A) Fri 2:20-4:45-7:05-9:30 Sat-Sun 12-2:30-4:55-7:20-10 Mon-Thu 1:45-4:05-7:05-9:30
Chinatown (R) Tue 6:30
Closed Circuit (14A) Fri-Sun 9:55 Mon-Thu 7:40-10:20
The Conjuring (14A) Fri 2:25-5-7:35-10:10 Sat-Sun 11:30-2:25-5-7:35-10:10
Despicable Me 2 (G) Fri 2:10-4:50-7:25 Sat-Sun 11:45-2:10-4:50-7:25 Mon-Thu 2:10-4:50-7:25-9:55
Elysium (14A) Fri 2:15-5-7:30-10:05 Sat-Sun 1:25-3:55-7:05-9:45
The Family (14A) Fri 2-4:45-7:30-10:15 Sat-Sun 2-4:50-7:40-10:20
Flu (14A) Fri-Thu 1:50-4:40-7:30-10:25
Fruitvale Station (14A) Mon-Tue 6:40-9:40 Wed 10:20 Thu 6:40
The Grandmaster (PG) Fri 1:30-4:10-6:50-9:35 Sat-Sun 12:45-3:30-6:15-9
The Heat (14A) Mon-Wed 7:30-10:15 Thu 7:25
Insidious: Chapter 2 (14A) Fri-Thu 1:40-4:10-6:50-9:30 Fri 2:40-5:15-7:50-10:25 Sat-Sun 12:10-2:45-5:20-7:55-10:30 Mon-Thu 2:40-5:15-7:50-10:30
It's a Mad, Mad, Mad, Mad World (STC) Mon 6:30 Thu 1:20
Kick-Ass 2 (14A) Fri 2:05-4:35-7:15-9:55 Sat-Sun 12:55-3:35-6:40-9:20
Lee Daniels' The Butler (14A) Fri 1:30-4:25-7:25-10:25 Sat-Sun 12:30-3:40-6:45-10:15 Mon-Thu 1:35-4:30-7:30-10:30
Monsters University (G) Mon-Thu 2:25-4:55
Monsters University 3D (G) Mon-Thu 7:25-10:10
Morrissey 25: Live (STC) Fri 9:45 Sat 4 Sun 5:50 Tue 4
The Mortal Instruments: City of Bones (PG) Fri 1:30-4:30-7:30-10:30 Sat-Sun 12:40-3:45-6:55-10 Mon-Wed 1:30-4:35-7:30-10:30 Thu 7-10:30 Star & Strollers Screening Thu 2
Nothing Left to Fear (STC) Thu 7:30
One Direction: This Is Us - Extended Fan Cut (STC) Fri 2:10 Sat-Sun 1:10 Mon-Thu 2:10
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 4:45-7:20-10:05 Sat-Sun 4:15-7:15-10:10 Mon-Thu 4:45-7:20-10:05
Pacific Rim (PG) Fri-Thu 1:35-4:30
Pacific Rim 3D (PG) Fri-Thu 7:25-10:20
Paranoia (PG) Mon-Thu 7:45-10:15
Percy Jackson: Sea of Monsters (PG) Fri 1:35-4-6:30-9 Sat-Sun 11:55-2:25-4:55-7:25-9:55 Mon-Thu 1:35-4-6:30-9
Planes (G) Mon-Thu 1:30-4:10-6:50-9:35
The Remains of the Day (PG) Fri 1:30-7:10 Sat 9:30 Sun 12 Mon 3:50 Tue 1:30 Wed 9:55 Thu 4:50
Riddick (14A) Fri-Thu 2:15-5-7:45-10:30
Riddick: The IMAX Experience (14A) Fri 1:30-4:15-7-9:50 Sat-Sun 1-4-6:50-9:40 Mon-Tue 1:30-4:15-7-9:50 Wed 1:30-4-9:50 Thu 7-9:50
The Smurfs 2 (G) Fri 2:30 Sat-Sun 1:15 Mon-Thu 1:55-4:25-6:55-9:25
Stranger Than Fiction (PG) Fri 4:15 Sat 7 Sun 3 Mon 1:30-10 Tue 9:50 Wed 1:30-4-7 Thu 9:50-9:55
Swan Lake Mariinsky Live 3D (STC) Wed 7
This Is the End (18A) Fri 5-7:45-10:20 Sat-Sun 3:55-6:30-9:10 Mon-Thu 2:30-5:05-7:50-10:25
We're the Millers (14A) Fri-Sun 1:45-4:25-7-9:45 Mon-Thu 2:05-5:10-7-9:45
The Wolverine 3D (PG) Fri 1:35-4:40-7:35-10:30 Sat-Sun 12:20-3:15-6:35-9:35
The World's End (14A) Fri 1:35-4:20-7:10-10 Sat-Sun 1:35-4:20-7:10-9:50 Mon-Wed 2-5-7:10-10 Thu 5-7:10-10
Star & Strollers Screening Thu 2
WWE Night of Champions - 2013 (STC) Sun 8

TIFF Bell Lightbox
350 King St. West

Abuse of Weakness (STC) Sat 9:45
Amazonia (PG) Sat 5
American Dreams in China (14A) Sat 9:15
The Animal Project (14A) Sat 7:45
Attila Marcel (PG) Sun 12:15
Bastardo (STC) Sat 9
Belle (14A) Sat 6:30
Beneath the Harvest Sky (14A) Fri 6:15
Bright Days Ahead (14A) Sat 6:45
Burning Bush (STC) Sun 9:30
Canopy (14A) Fri 2:45
Enough Said (PG) Sun 9
Fat (14A) Fri 3:15
A Field in England (STC) Sat 9
The Finishers (PG) Sun 8:45
Giselle (G) Sun 2:45
Going Away (14A) Sat 12:30
Home From Home - Chronicle of a Vision (PG) Sun 5:45
Hotell (18A) Sun 11:45
How Strange to be Named Federico: Scola Narrates Fellini (PG) Sat 6
I'm the Same I'm an Other (14A) Fri 8:45
Ilo Ilo (G) Fri 12:30
The Last of the Unjust (14A) Sun 5
Little Feet (PG) Fri
Love is the Perfect Crime (14A) Sat 3:30
Manakamana (STC) Sun 2
Mandela: Long Walk to Freedom (14A) Fri 5:30
Mary Queen of Scots (STC) Sat 9:30
My Love Awaits Me by the Sea (PG) Sat 12
Old Moon (G) Fri 9
Quai d'Orsay (14A) Sun 9:15
Rock the Casbah (STC) Sat 3:45
Sarah Prefers to Run (14A) Fri 11:45
Short Cut Canada Programme 6 (STC) Fri 12:15
Singing Women (PG) Fri 2:30
Stay (14A) Fri 9
Story of My Death (14A) Sun 9:45
The Strange Little Cat (G) Fri 9:45
Stranger by the Lake (STC) Sun 3:15
Third Person (14A) Fri 8:45
Unbeatable (14A) Sun 5
Unfair World (STC) Fri 9:15
Unforgiven (14A) Sat 12:30
Violette (14A) Sat 9:15
Le Week-end (14A) Sun 2:30
The Wind Rises (STC) Sun 9
Young & Beautiful (R) Sun 6
Zip & Zap and the Marble Gang (G) Sat 2:30

Albion Cinemas
1530 Albion Rd.

Grand Masti (STC) Fri 9:45 Sat-Sun 12:15-9:45 Mon-Thu 6:45
Haani (STC) Fri-Sun 3:30 Mon-Thu 3:45
Shuddh Desi Romance (PG) Fri 6:30-9:30 Sat-Sun 12:40-6:30-9:30 Mon-Thu 4:15-9:30
Viyah 70 KM (STC) Fri-Sun 2:40-7:30 Mon-Thu 7:15
Zanjeer (14A) Fri-Sun 4:50 Mon-Thu 9:30

Queensway
1025 The Queensway

Becoming Traviata (G) Sat 12:55
Blue Jasmine (14A) Fri 2:20-4:55-7:30-10 Sat 12:15-2:40-5:05-7:30-9:55 Sun 1:55-4:35-7:10-9:35 Mon-Thu 1:55-4:35-7:05-9:35
Closed Circuit (14A) Fri-Sat 9:20 Sun-Thu 10
Despicable Me 2 (G) Fri 1:20 Sat 11:05-1:35 Sun-Thu 1:10
Elysium (14A) Fri 2:25-5:10-7:55-10:40 Sat 11:55-2:30-5:15-7:55-10:35 Sun 2:10-4:55-6:50-9:50 Mon 1:05-3:40-7:40-10:10 Tue-Thu 2:10-4:55-7:40-10:25
The Family (14A) Fri 2:30-5:15-8-10:45 Sat 11:50-2:35-5:20-8-10:40 Sun 2:15-5-7:45-10:25 Mon-Thu 2:15-5-7:45-10:30
In a World... (14A) Fri 2:05-4:30-7-9:30 Sat 12-2:20-4:35-7-9:25 Sun-Thu 1:25-4:05-6:45-9:15
Insidious: Chapter 2 (14A) Fri 2:15-5-7:50-10:30 Sat 12:25-3-5:35-8:10-10:45 Sun-Thu 2:30-5:10-7:50-10:30
It's a Mad, Mad, Mad, Mad World (STC) Mon 6:30
Lee Daniels' The Butler (14A) Fri 1-4:05-7:10-10:10 Sat 1:05-4:05-7:10-10:15 Sun 1-4-7-10:05 Mon-Tue 1:05-4-7-10:05 Wed 4-7-10:05 Thu 1:05-4-7-10:05 Star & Strollers Screening Wed 1
The Mortal Instruments: City of Bones (PG) Fri 1:10-4:10-7:15-10:15 Sat 4:15-7:15-10:10 Sun 12:55-3:55-6:55-9:55 Mon 1:15-4:20-10:25 Tue 1-3:55-6:55-10 Wed 12:55-3:55-6:55-9:55 Thu 1-3:55-10
Nothing Left to Fear (STC) Thu 7:30
One Direction: This Is Us - Extended Fan Cut (STC) Fri 1:40 Sat 11:30 Sun-Thu 1:30
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 4:35-7:25-10 Sat 2:05-4:40-7:25-10 Sun-Thu 4:15-7:10-9:45
Percy Jackson: Sea of Monsters 3D (PG) Fri 7:20-9:55 Sat 7:20-9:50 Sun 7:15 Mon-Thu 7:15-9:50
Planes (G) Fri 1:30-4:20 Sat 11:25-1:55 Sun-Thu 2:40-5:05
Planes 3D (STC) Fri 6:55 Sat 4:25-6:55 Sun-Thu 7:35
Riddick (14A) Fri 1:05-3:55-6:50-9:45 Sat 1:10-4-6:50-9:40 Sun 12:55-3:50-6:40-9:30 Mon-Tue 1-3:50-6:40-9:30 Wed 12:55-3:50-6:40-9:30 Thu 1-3:50-6:40-9:30 Fri 1:50-4:45-7:40-10:35 Sat 11:15-2-4:50-7:40-10:30 Sun-Thu 1:35-4:30-7:25-10:20
The School of Rock (PG) Sat 11
The Smurfs 2 (G) Fri 1:55 Sat 11:35 Sun-Thu 1:20
The Smurfs 2 3D (G) Fri 4:40 Sat 2:10-4:45 Sun-Thu 4:10
Swan Lake Mariinsky Live 3D (STC) Wed 7
We're the Millers (14A) Fri 2-4:50-7:35-10:20 Sat 11:40-2:15-4:55-7:35-10:20 Sun-Tue 1:40-4:25-7:20-10:10 Wed 4:25-7:20-10:10 Thu 1:40-4:25-7:20-10:10 Star & Strollers Screening Wed 1
The Wolverine 3D (PG) Fri 4-7:05-10:05 Sat 4:10-7:05-10:05 Sun 3:45-9:40 Mon-Tue 3:45-6:50-9:55 Wed 3:45-10:10 Thu 3:45-6:50-9:55
The World's End (14A) Fri 2:10-5:05-7:45-10:25 Sat 11:45-2:25-5:10-7:45-10:25 Sun-Thu 2-4:45-7:30-10:15
WWE Night of Champions - 2013 (STC) Sun 8

Woodbine Centre
500 Rexdale Blvd.

The Family (14A) Fri-Tue 1-4:10-7:10-9:25 Wed 4:10-7:10-9:25 Thu 1-4:10-7:10-9:25 Wed 1
Insidious: Chapter 2 (14A) Fri-Thu 1:10-4:05-7-9:30
Lee Daniels' The Butler (14A) Fri-Thu 12:55-3:50-6:50-9:35
The Mortal Instruments: City of Bones (PG) Fri-Thu 6:45-9:30
Planes (G) Fri-Thu 1:25-4:15
Riddick (14A) Fri-Thu 1:15-4-7-9:45
The Smurfs 2 (G) Fri-Thu 1-3:55
We're the Millers (14A) Fri-Thu 1:05-4:05-7:05-9:40
The World's End (14A) Fri-Thu 6:55-9:45

Kingsway Theatre
3030 Bloor St. West

A Band Called Death (PG) Fri-Thu 7:50
Before Midnight (14A) Fri-Thu 1:30
Big Star: Nothing Can Hurt Me (PG) Fri-Thu 9:30
Blackfish (PG) Fri-Thu 6:15
The Great Gatsby (PG) Fri-Thu 5
Hannah Arendt (PG) Fri-Thu 1:20
I'm So Excited! (14A) Fri-Thu 3:30
Italy: Love It, or Leave It (STC) Fri-Thu 3:15
Museum Hours (PG) Fri-Thu 11:30
Our Nixon (PG) Fri-Thu 4:45
This Is the End (18A) Fri-Thu 9:30
The Venice Syndrome (STC) Fri-Thu 12
The Way Way Back (PG) Fri-Thu 7:30

Humber Cinema
2:2442 Bloor St. West

Dr. No (PG) Fri 3:50-6:50 Sat-Sun 6:50 Mon 1:30-6:50 Tue 3:50-6:50 Wed-Thu 6:50
The Family (14A) Fri 4:10-7-9:35 Sat-Sun 1:30-4:10-7-9:35 Mon-Thu 4:10-7-9:35 Mon 1
Goldfinger (PG) Fri-Sun 9:15 Mon 3:50-9:15 Tue 9:15 Wed-Thu 3:50-9:15
Lee Daniels' The Butler (14A) Fri 3:40-6:40-9:25 Sat-Sun 1-3:40-6:40-9:25 Mon-Thu 3:40-6:40-9:25
Planes (G) Sat-Sun 1:45-3:50
Riddick (14A) Fri 4-7:10-9:45 Sat-Sun 1:15-4-7:10-9:45 Mon-Thu 4-7:10-9:45

Beach Cinemas
1651 Queen St. E.

Elysium (14A) Fri-Thu 9:30
The Family (14A) Fri 4:10-7:20-10 Sat-Sun 1:30-4:10-7:20-10 Mon-Thu 7:20-10
Insidious: Chapter 2 (14A) Fri 4:50-7:30-10:10 Sat-Sun 2-4:50-7:30-10:10 Mon-Thu 7:30-10:10
Lee Daniels' The Butler (14A) Fri 3:50-6:40-9:40 Sat-Sun 12:40-3:40-6:40-9:40 Mon-Thu 6:40-9:40
Planes (G) Fri 4:40-7:10 Sat-Sun 12:30-2:45-5-7:10 Mon-Thu 7:10
Riddick (14A) Fri 4-6:50-9:30 Sat-Sun 1-4-6:50-9:30 Mon-Thu 6:50-9:30
The World's End (14A) Fri 4:20-7-9:50 Sat-Sun 1:40-4:20-7-9:50 Mon-Thu 7-9:50

Fox Theatre
2236 Queen St. E.

Blackfish (PG) Wed-Thu 9
Blue Jasmine (14A) Fri 7 Sat 4:15-7 Sun 4:30-7 Mon 9 Tue-Thu 7 Wed 1
Fruitvale Station (14A) Fri-Sun 9:15 Mon 7 Tue 9
Monsters University 3D (G) Sat-Sun 2

Empress Walk
5095 Yonge St.

The Attack (14A) Fri 3:50-6:40-9:10 Sat-Sun 1:10-3:50-6:40-9:10 Mon-Thu 3:50-6:40-9:10
Becoming Traviata (G) Sat 12:55
Blue Jasmine (14A) Fri 4:45-7:15-9:40 Sat-Sun 2:15-4:45-7:15-9:40 Mon-Thu 4:45-7:15-9:40
Elysium (14A) Fri-Sat 4:05-6:55-9:35 Sun 1:15-4:05-6:55-9:35 Mon-Tue 4:05-6:55-9:35 Wed 4:05 Thu 6:55-9:35
The Family (14A) Fri 4:15-7-9:50 Sat-Sun 1:20-4:15-7-9:50 Mon-Thu 4:15-7-9:50
Flu (14A) Fri 4:10-6:45-9:30 Sat-Sun 1:25-4:10-6:45-9:30 Mon-Thu 4:10-6:45-9:30
Insidious: Chapter 2 (14A) Fri 5-7:30-10 Sat-Sun 2:20-5-7:30-10 Mon-Thu 5-7:30-10
Lee Daniels' The Butler (14A) Fri 3:40-6:50-9:50 Sat-Sun 12:30-3:40-6:50-9:50 Mon-Thu 3:40-6:50-9:50
Riddick: The IMAX Experience (14A) Fri 4-7:15-10 Sat-Sun 1-4-7:15-10 Mon-Thu 4-7:15-10
Swan Lake Mariinsky Live 3D (STC) Wed 7
We're the Millers (14A) Fri 4:20-7:10-9:55 Sat-Sun 1:30-4:20-7:10-9:55 Mon-Thu 4:20-7:10-9:55
The World's End (14A) Fri 4:30-7:05-9:45 Sat-Sun 1:50-4:30-7:05-9:45 Mon-Thu 4:30-7:05-9:45

SilverCity Yorkdale 6
3401 Dufferin St.

Elysium (14A) Fri 1:20-4-6:50-9:30 Sat-Sun 1:05-3:50-6:40-9:30 Mon-Thu 1:35-4:15-6:55-9:35
The Family (14A) Fri 2:20-5:05-7:50-10:30 Sat 11:40-2:20-5:05-7:50-10:30 Sun 1:30-4:20-7:15-10 Mon-Thu 1:55-4:40-7:25-10:05
Getaway (PG) Fri 9:40 Sat 10:30 Sun-Thu 9:50
Insidious: Chapter 2 (14A) Fri 2:30-5:10-7:45-10:25 Sat 12-2:30-5:10-7:45-10:25 Sun-Thu 2-4:45-7:30-10:15
Kick-Ass 2 (14A) Fri 7:10-9:50 Sat-Thu 7:20-9:55
Lee Daniels' The Butler (14A) Fri 1:30-4:25-7:25-10:25 Sat-Sun 1-4:05-7:10-10:10 Mon-Thu 1:15-4:10-7:10-10:10
The Mortal Instruments: City of Bones (PG) Fri 1:15-4:15-7:15-10:15 Sat 12:30-3:40-6:50-10:05 Sun-Thu 1:15-4:15-7:15-10:15
One Direction: This Is Us - Extended Fan Cut (STC) Fri 2 Sat 11:50 Sun 1:10 Mon-Thu 1:25
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 5-7:30-10 Sat 2:25-5-7:30-10 Sun 3:50-6:45-9:20 Mon-Thu 4:05-6:45-9:30
Planes (G) Fri 1:35-3:55 Sat 12:05-2:30-4:55 Sun-Thu 1:20-4
Riddick (14A) Fri 1:15-4:15-7:15-10:15 Sat 1:10-4:15-7:15-10:15 Sun 1:05-4:05-7:05-10:05 Mon-Thu 1:20-4:15-7:20-10:15
The School of Rock (PG) Sat 11
The Smurfs 2 (G) Fri 1:25 Sat 12:10 Sun-Thu 1:45
The Smurfs 2 3D (G) Fri 4:05-6:45 Sat 2:45-5:20-7:55 Sun-Thu 4:30-7:10
We're the Millers (14A) Fri 1:40-4:20-7-9:45 Sat 11:05-1:40-4:20-7-9:45 Sun-Thu 1:40-4:20-7-9:45

Silvercity Fairview 1800 Sheppard Ace. E.

Elysium (14A) Fri 2:15-4:50-7:45-10:15 Sat 11:30-2:10-4:50-7:35-10:15 Sun-Thu 2:15-4:50-7:45-10:15
The Family (14A) Fri 2:20-5-7:40-10:20 Sat 11:40-2:20-5-7:40-10:20 Sun-Tue 2:20-5-7:40-10:20 Wed 5-7:40-10:20 Thu 2:20-5-7:40-10:20
Star & Strollers Screening Wed 1
Insidious: Chapter 2 (14A) Fri 2:30-5:10-7:50-10:25 Sat 11:50-2:30-5:10-7:50-10:25 Sun-Thu 2:30-5:10-7:50-10:25
Lee Daniels' The Butler (14A) Fri 1:35-4-7-10 Sat 1-4-7-10 Sun-Thu 1:35-4-7-10
The Mortal Instruments: City of Bones (PG) Fri-Wed 6:55-9:55 Thu 9:55
Nothing Left to Fear (STC) Thu 7:30
One Direction: This Is Us - Extended Fan Cut (STC) Fri 1:30 Sat 11:15-1:50 Sun-Thu 1:30
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri-Thu 4:35-7:10-9:45
Percy Jackson: Sea of Monsters 3D (PG) Fri 2-4:40-7:15-9:50 Sat 11:20-2-4:40-7:15-9:50 Sun-Thu 2-4:40-7:15-9:50
Riddick (14A) Fri-Thu 1:40-4:30-7:20-10:10
The School of Rock (PG) Sat 11
The Smurfs 2 (G) Fri 1:50-4:25 Sat 11:10-1:45-4:25 Sun-Tue 1:50-4:25 Wed 1:45-4:25 Thu 1:50-4:25
We're the Millers (14A) Fri 2:05-4:45-7:25-10:05 Sat 11:25-2:05-4:45-7:25-10:05 Sun-Tue 2:05-4:45-7:25-10:05 Wed 4:45-7:25-10:05 Thu 2:05-4:45-7:25-10:05 Star & Strollers Screening Wed 1

Coliseum Scarborough 300 Borough Dr.

Becoming Traviata (G) Sat 12:55
Ekstra (PG) Fri 1-3:50-6:45-9:35 Sat 1-3:50-6:45-9:30 Sun-Tue 1-3:50-6:45-9:35 Wed 1-3:50-6:40-9:35 Thu 1-3:50-6:45-9:35
Elysium (14A) Fri 1:35-4:20-7:05-9:50 Sat 2:10-3:45-6:30-9:20 Sun 1:35-4:20-7:45-9:55 Mon-Thu 1:35-4:20-7:05-9:50
The Family (14A) Fri 2-4:40-7:30-10:25 Sat 11:30-2:15-5-7:40-10:25 Sun 12-2:40-5:20-8-10:40 Mon-Thu 2-4:40-7:30-10:25
Insidious: Chapter 2 (14A) Fri 2:30-5:10-8-10:40 Sat 12:10-2:50-5:30-8:10-10:45 Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 2:30-5:10-8-10:35
Kick-Ass 2 (14A) Fri 2:20-5:05-7:40-10:15 Sat 4:50-7:30-10:15 Sun 2:20-5:05-10:25 Mon 2:20-5:05-7:40-10:15 Tue 7:40-10:15 Wed 2:20-5-10:30 Thu 2:20-5:05-7:40-10:15
Lee Daniels' The Butler (14A) Fri 1:10-4:10-7:20-10:20 Sat 1:10-4:20-7:20-10:20 Sun-Thu 1:10-4:10-7:20-10:20
One Direction: This Is Us - Extended Fan Cut (STC) Fri-Thu 1:25
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 4-6:50-9:40 Sat 4:10-6:50-9:35 Sun-Tue 4-6:50-9:40 Wed 4-6:55-9:40 Thu 4-6:50-9:40
Percy Jackson: Sea of Monsters (PG) Fri 2:05 Sat 1:50 Sun-Tue 2:05 Wed 1:05 Thu 2:05
Percy Jackson: Sea of Monsters 3D (PG) Fri 4:50-7:25-10:05 Sat 4:35-7:25-10:05 Sun-Tue 4:50-7:25-10:05 Wed 3:55-6:45-10:15 Thu 4:50-7:25-10:05
Planes (G) Fri-Thu 2:25-4:55
Riddick (14A) Fri 1:45-4:45-7:35-10:30 Sat 1:45-4:40-7:35-10:30 Sun-Thu 1:45-4:45-7:35-10:30
The School of Rock (PG) Sat 11
Swan Lake Mariinsky Live 3D (STC) Wed 7
This Is the End (18A) Fri-Sat 7:15-10 Sun 7:15 Mon-Thu 7:15-10
We're the Millers (14A) Fri 1:15-4:05-7-9:45 Sat 1:15-4-7-9:45 Sun-Mon 1:15-4:05-7-9:45 Tue 2:20-5-7-9:45 Wed 1:15-4:05-7:35-9:45 Thu 1:15-4:05-7-9:45
The Wolverine 3D (PG) Fri-Thu 1:20-4:15-7:10-10:10
WWE Night of Champions - 2013 (STC) Sun 8

Eglinton Town Centre 1901 Eglinton Ave. E.

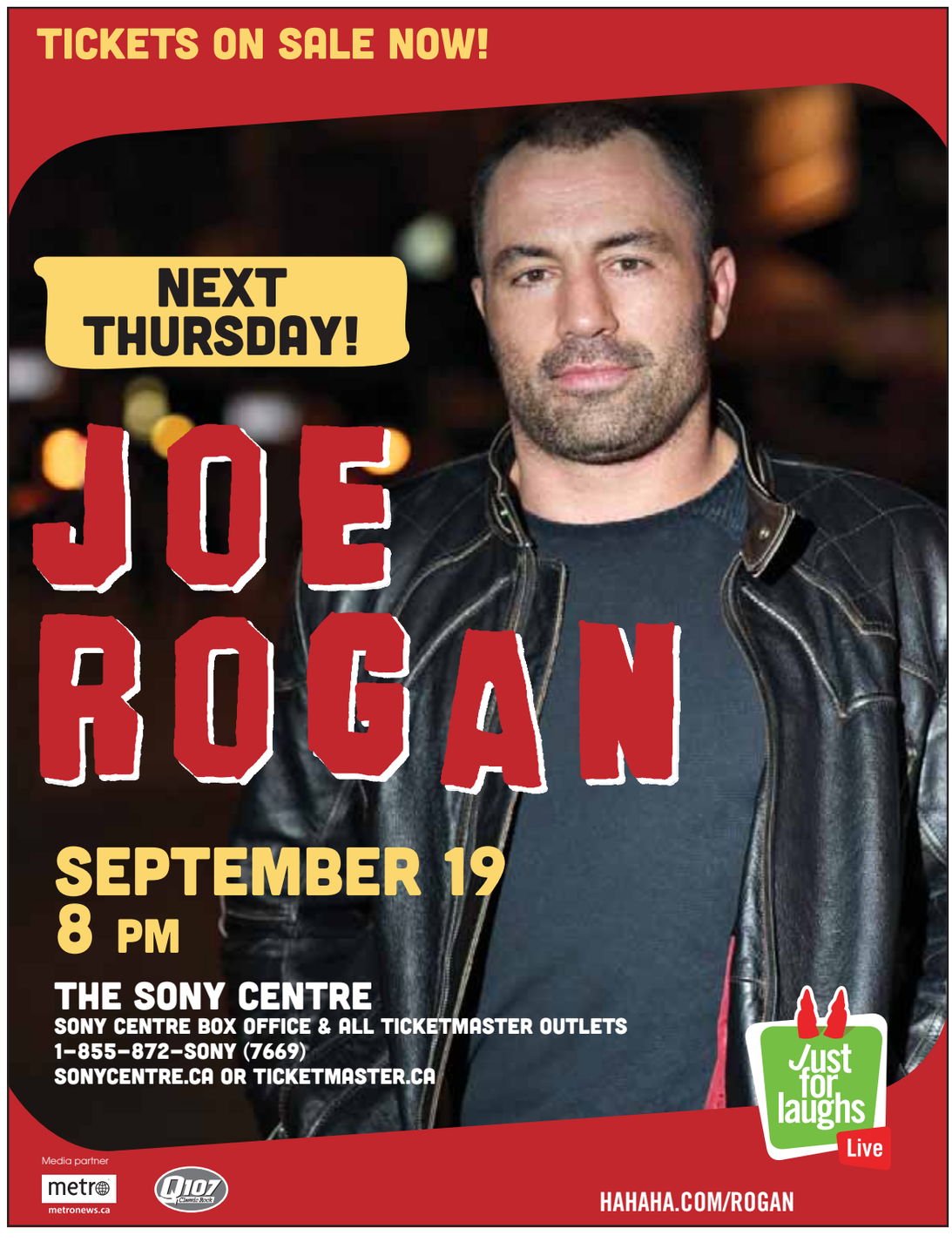
Blue Jasmine (14A) Fri-Sun 1:30-4-6:40-9:30 Mon-Wed 4-6:35-9:25 Thu 1:20-4-6:35-9:25 Star & Strollers Screening Thu 1
Chennai Express (14A) Fri 3:50-7:10-10:25 Sat 12:30-3:50-7:10-10:25 Sun 1:05-4:25 Mon-Thu 5-9
Closed Circuit (14A) Fri-Sat 9:40 Sun-Thu 9:30
Elysium (14A) Fri 2:30-5:10-7:55-10:45 Sat 11:55-2:30-5:10-7:55-10:45 Sun 1:55-4:40-7:20-10:05 Mon-Wed 4:40-7:20-10:05 Thu 2-4:40-7:20-10:05
The Family (14A) Fri 2:40-5:20-8-10:40 Sat 12-2:40-5:20-8-10:40 Sun 1:45-4:30-7:15-10 Mon-Wed 4:30-7:15-10 Thu 1:30-4:30-7:15-10 Star & Strollers Screening Thu 1
Insidious: Chapter 2 (14A) Fri 2:55-5:30-8:10-10:45 Sat 12:20-2:55-5:30-8:10-10:45 Sun 12-2:35-5:10-7:50-10:30 Mon-Wed 5-7:35-10:15 Thu 2-5-7:35-10:15
It's a Mad, Mad, Mad, Mad World (STC) Mon 6:30
Lee Daniels' The Butler (14A) Fri-Sat 1:15-4:15-7:15-10:15 Sun 12:30-3:40-6:45-9:45 Mon-Thu 3:50-6:50-9:50
The Mortal Instruments: City of Bones (PG) Fri 6:45-9:55 Sat 6:45-9:50 Sun 7:10-10:20 Mon 9:45 Tue-Wed 6:40-9:45 Thu 9:45
Nothing Left to Fear (STC) Thu 7:30
One Direction: This Is Us - Extended Fan Cut (STC) Fri 2:30 Sat 11:15-12 Sun 12 Thu 1:40
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 5:05-7:45-10:20 Sat-Sun 2:30-5:05-7:45-10:20 Mon-Thu 4:25-7:05-9:45
Percy Jackson: Sea of Monsters (PG) Fri 2:20-5-7:40-10:20 Sat 11:40-2:20-5-7:40-10:20 Sun 1:40-4:20-7-9:40 Mon-Wed 4:20-7-9:40 Thu 1:20-4:20-7-9:40
Planes (G) Fri 2-4:25 Sat 11-11:40-2-4:25 Sun 12:10-2:30-4:50 Mon-Wed 4:10 Thu 1:45-4:15
Riddick (14A) Fri 1:20-4:10-7-9:50 Sat-Sun 1:20-4:15-7-9:50 Mon-Thu 3:30-6:25-9:20 Fri-Sun 2-4:50-7:40-10:30 Mon-Wed 4:30-7:25-10:15 Thu 1:40-4:30-7:25-10:15
The School of Rock (PG) Sat 11
Shuddh Desi Romance (PG) Fri-Sat 1:15-4:15-7:20-10:30 Sun 12:45-3:45-6:50-9:55 Mon-Thu 3:45-6:50-9:55
The Smurfs 2 (G) Fri 1:40 Sat 11:10-1:40 Sun 1
The Smurfs 2 3D (G) Fri-Sat 4:20-7 Sun-Thu 3:40-6:30
We're the Millers (14A) Fri-Sat 1:50-4:30-7:15-10 Sun 12:05-2:40-5:20-7:40-10:25 Mon 3:45-6:45-10:15 Tue-Wed 4:45-7:30-10:10 Thu 1:55-4:45-7-10
The World's End (14A) Fri 2:40-5:15-7:55-10:40 Sat 12:05-2:40-5:15-7:55-10:40 Sun 2-4:45-7:30-10:15 Mon-Wed 4:40-7:25-10:10 Thu 1:50-4:40-7:25-10:10
WWE Night of Champions - 2013 (STC) Sun 8
Zanjeer (14A) Fri 3:30-6:45-10 Sat-Sun 12:20-3:30-6:45-10 Mon-Thu 3:30-6:40-9:50

401 & Morningside 785 Milner Ave.

2 Guns (14A) Fri-Sun 10 Mon 8:30 Tue 10 Wed-Thu 8:30
Elysium (14A) Fri 4:40-7:20-9:55 Sat 2:05-4:40-7:20-9:55 Sun 2-4:40-7:20-9:55 Mon 5:40-8:20 Tue 4:40-7:20-9:55 Wed-Thu 5:40-8:20
The Family (14A) Fri 5:05-7:40-10:15 Sat 11:50-2:30-5:05-7:40-10:15 Sun 2:30-5:05-7:35-10:10 Mon 5:15-7:50 Tue 5:05-7:40-10:15 Wed-Thu 5:15-7:50
Getaway (PG) Fri-Sat 10:10 Sun 10:05 Mon 8:30 Tue 10:10 Wed-Thu 8:30
Insidious: Chapter 2 (14A) Fri 5:15-7:50-10:25 Sat 12:10-2:40-5:15-7:50-10:25 Sun 2:40-5:15-7:45-10:15 Mon 5:45-8:15 Tue 5:15-7:50-10:25 Wed-Thu 5:45-8:15
Lee Daniels' The Butler (14A) Fri 4:05-7:05-10:05 Sat 1:05-4:05-7:05-10:05 Sun 1:15-4:05-7:05-10:05 Mon 5-8 Tue 4:05-7:05-10:05 Wed-Thu 5-8
The Mortal Instruments: City of Bones (PG) Fri 4:15-7:15 Sat-Sun 1:20-4:15-7:15 Mon 5:30 Tue 4:15-7:15 Wed-Thu 5:30
One Direction: This Is Us - Extended Fan Cut (STC) Sat 11:10 Sun 1:40
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 4:20-6:55-9:30 Sat 1:40-4:20-6:55-9:30 Sun 4:20-6:55-9:30 Mon 5:10-7:40 Tue 4:20-6:55-9:30 Wed-Thu 5:10-7:40
Percy Jackson: Sea of Monsters (PG) Sat 1:10 Sun 1:25
Percy Jackson: Sea of Monsters 3D (PG) Fri 4:10-6:45-9:20 Sat-Sun 3:55-6:45-9:20 Mon 5:05-7:35 Tue 4:10-6:45-9:20 Wed-Thu 5:05-7:35
Planes (G) Fri 4:20 Sat 12-2:10-4:20 Sun 2:10-4:20 Mon 5:20 Tue 4:20 Wed-Thu 5:20
Riddick (14A) Fri 4:45-7:30-10:20 Sat 11:15-2-4:45-7:30-10:20 Sun 1:50-4:45-7:30-10:10 Mon 5:25-8:10 Tue 4:45-7:30-10:20 Wed-Thu 5:25-8:10
The School of Rock (PG) Sat 11
The Smurfs 2 (G) Sat 11:45 Sun 2:20
The Smurfs 2 3D (G) Fri 4:50-7:25 Sat 2:20-4:50-7:25 Sun 4:50-7:25 Mon 6 Tue 4:50-7:25 Wed-Thu 6
We're the Millers (14A) Fri 5-7:55-10:30 Sat 11:45-2:25-5-7:55-10:30 Sun 2:25-5-7:40-10:15 Mon 5:50-8:25 Tue 5-7:55-10:30 Wed-Thu 5:50-8:25
The Wolverine 3D (PG) Fri-Sun 6:50-9:45 Mon 7:30 Tue 6:50-9:45 Wed-Thu 7:30

Woodside Cinemas 1571 Sandhurst Circle

Grand Masti (STC) Fri 6:45-9:45 Sat-Sun 1-6:45-9:45 Mon-Thu 6:45-9:45
Shuddh Desi Romance (PG) Fri 3:30-6:30-9:30 Sat-Sun 1-3:30-6:30-9:30 Mon-Thu 3:30-6:30-9:30
Varuthapadatha Valibar Sangam (STC) Fri 4:30-7:30-10:30 Sat-Sun 1:30-4:30-7:30-10:30 Mon-Thu 4:30-7:30-10:30
Zanjeer (14A) Fri-Thu 3:45



Vampire Weekend Chris Tomson, left, Chris Baio, Rostam Batmanglij and Ezra Koenig. CONTRIBUTED

What do Modern Vampires listen to?

Chief songwriters speak. Ezra Koenig and Rostam Batmanglij tell Metro what songs and bands influenced them greatly on their journey to stardom

PAT HEALY
Metro World News in NYC

As Vampire Weekend prepared to go on the road for another set of dates, main men Ezra Koenig and Rostam Batmanglij were right where they belonged earlier this week — helping as guest editors to our Metro papers in New York, Boston and Philadelphia.

Throughout two hour-long discussions with VW's chief songwriters, music obviously comes up a lot.

The references Koenig and Batmanglij throw around are often surprising. The title of their new album comes from the song One Blood by reggae artist Junior Reid. Here is a sampling of a few of the other artists the pair discussed.

Koenig
"Kanye is probably the greatest artist of our generation, and he's always talking about how he doesn't give a f—, but he's also always talking about how he does give a f—. It's two sides of the same coin. I would love to eventually get to a place where I could be so relaxed and be like, 'As long as we think it's good, nothing in the world matters.' But that's not exactly what this whole world of music that we participate in is about."

Batmanglij
"Ezra was kind of inspired by some things, one of them being this song Step to My Girl by Souls of Mischief, which you should check out. ... They were a West Coast rap group. I think they made that song when they were 15. It's kind of like a lost song."

Koenig
"If you grew up obsessing about pop music and idolizing people like The Clash or Radiohead or Prince, who were able to have long careers in which they changed a lot, part of that is because in addition to following their own visions, they were also able to create things that mattered to people. I think that it's really cool that The Clash came out and made this early punk album that had all this energy and got people talking, and then six or seven years later they made this dancey hip-hop song about the Middle East that was like, a huge hit."

Batmanglij
"The Walkmen should be bigger, they are a great band. But I think there's a lot of people that feel the way we do."

Koenig
"I went on a drive last week and I was listening to the ASAP Ferg album. I thought there were some really great songs on it. I liked his vibe and I think it's a well-crafted album. And then I saw it debuted in the top 10, and it's his first album and I was like, 'Well, that seems about right.' That's cool that people are excited about that."

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3 songs for the weekend you need to hear

SOUND CHECK
Alan Cross
scene@metronews.ca

It's an all-Canadian affair today with a mix of vets and newcomers.

Reservoir / Pup

This new Toronto four-piece is being noticed by websites around the planet. This is honest, unvarnished rock 'n'roll, complete with blemishes. Acquaint yourself now.

King of Copenhagen / The Mahones

They've been on their Angels & Devils album for more than a year now. Their latest video was pasted together from nothing but fan-shot footage. Well done!

Arrows of Desire / Matthew Good

Matt's new album is a back-to-basics affair, inspired in part by his favourite Pixes and Husker Du records. Arrows of Desire will be out Sept. 24.

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He's part country, part rock 'n' roll

Fuse. Aussie country rocker Keith Urban took chances teaming up with eight different producers on his varied, latest record

Keith Urban didn't need to change a thing. With an enviable consistency, the American Idol judge remains a platinum-selling, arena-filling guitar slinger after spinning hits for 15 years — not to mention the movie-star wife and the Dorian Gray good looks. Yet when it came time to record his latest album, Urban decided to alter the formula even as he reached new peaks in popularity.

The deluxe version of Urban's new album, Fuse, is stuffed with 16 songs recorded with eight producers from widely different backgrounds. There are entries from Urban's longtime collaborator, country hit machine Dann Huff, but also tracks from a menagerie that includes rock and rap mainstay Mike Elizondo, Nashville maverick Jay Joyce, Norwegian hitmakers Stargate, Taylor Swift collaborator Nathan Chapman and rocker Butch Walker.

"I felt like an air traffic controller trying to land 16 planes," Urban said. Getting everything down on the tarmac took the 45-year-old Australian a year longer than expected. It's been three years since Urban released his last album. "As I started working with different people, they'd bring out different things in me," Urban said. "I'd play different for Butch Walker than I would for Dann Huff. I'd sing a little different for Stargate than I would for Jay Joyce. So I thought, 'Let's keep going on this a bit longer.'"

Urban's seventh album still sounds very much like a Keith Urban album. He said his goal wasn't to have Walker write a rock song, but to meld sounds and ideas to update and diversify his music.

"I realize now, particularly after this journey, apparently I love hokey songs," Urban said. "I love choruses. I love guitar riffs. I love particular grooves and rhythms and I like them being prominent. I love acoustic instrumentation fused with electronic-type instruments. I'd probably say it feels like a progressive crossover country album, 2014." THE ASSOCIATED PRESS

Keith Urban. AP PHOTO

Better Call Saul

Bob Odenkirk a.k.a Saul Goodman. CONTRIBUTED

Breaking Bad spinoff will be all about Saul

Breaking Bad fans will be ecstatic to learn that there is a new chapter in the show after it ends: Saul Goodman is getting his own spinoff series, tentatively called Better Call Saul. Television's funniest, slimiest fictional lawyer, Saul Goodman is returning to AMC with a one hour show that acts as a prequel to Breaking Bad. Bob Odenkirk, also of Adult Swim fame, will reprise his role as Saul. METRO

Candid Kendra glad to be back On Top

Season 2. Former playboy bunny can't wait for viewers to experience her life outside of marriage and motherhood

ANISA ARSENAULT
Metro World News in NYC

Kendra Wilkinson-Baskett returns to reality TV. GETTY IMAGES

You identified with her Olive Garden obsession in The Girls Next Door. You did her On Demand ab workouts. You were there every step of the way as she planned her wedding in Kendra. Kendra Wilkinson-Baskett has dominated reality television since 2005. And she's still got more to give. Kendra On Top will return for season two this weekend.

The move from the show Kendra on E! to Kendra On Top on WEtv gave Wilkinson-Baskett the chance to rebrand herself. "Our goal was to reintroduce Kendra again, in a different light," she says. "Season one was about finding a career, being a parent, being a wife — kind of reintroducing me under another network, and reminding people who I am." But season two will dive right in.

"My audience understands where I'm at now; we're pretty much up to date with everything," Wilkinson-Baskett says. "This season is not about me being a parent or about me being married. It's about being a human being, the struggles of what that means, and how I get through it." According to Wilkinson-Baskett, those struggles are real. "This is the most organic show you can get," she says. "Sure, we have creative little tie-ins. But the overall story is 100 per cent my life."

Why such a strong commitment to the reality of reality TV? "I find it very therapeutic to be able to tell my story, and not hide it," she says. "We've been shooting season two of Kendra On Top for about a year now. There's a lot that goes on in a year. Everybody goes through spurts. There are some people who hide those spurts and blow up later. But I'm an open book."

What are some of those "spurts" for Kendra? As husband Hank Baskett develops his career at his gym Athletic Gaines, tensions run high. "There's an episode where you'll get a chance to see what happens when his business mixes with my business, and it ends up not being such a great thing," she says. "It ends up being a complete disaster. You'll get a chance to see how we get through it, together."

Despite their professional differences, Wilkinson-Baskett remains supportive of her hubby's career. "The gym is really the most amazing place ever," she says.

For real real

"This is the most organic show you can get."

Kendra Wilkinson-Baskett
On the new season of Kendra On Top.

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1:15 pm & 4:15 pm – 15 minute video excerpt from "The Four Steps to God"
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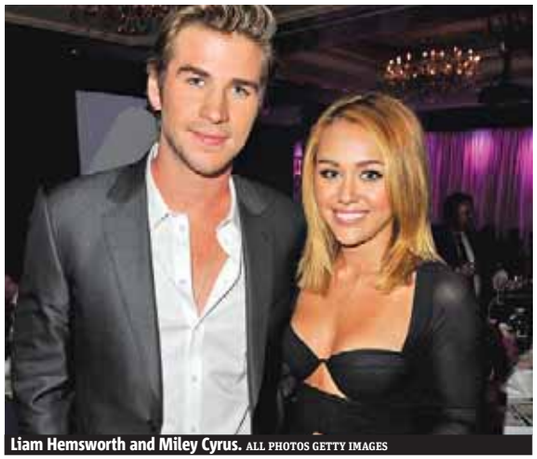
Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Cheating in the U.S.A.? Has Hemsworth got hands in January's cookie jar?

Rumours about Liam Hemsworth stepping out on fiancée Miley Cyrus are resurfacing after the Hunger Games star reportedly sent a rather forward text message to January Jones, according to Us Weekly. "I want to f— you," Hemsworth allegedly wrote to the Mad Men actress, with whom he was reportedly spotted making out at an Oscars after-party earlier this year. Hemsworth's rep, however, insists it's all nonsense. "The story of Liam Hemsworth and January Jones is entirely fabricated by US Weekly. There is no truth whatsoever to this tabloid fiction," the rep says in a statement.

Does Cara light up Harry's world like nobody else?

Harry Styles

Harry Styles reportedly has a new lady in his life. The One Direction member has been dating Cara Delevingne "for around two weeks," according to E! Online. "Harry's been chasing Cara nonstop. He really likes her and has been saying that he wants to be exclusive with her," a source says. But right now, Cara is not sure what to do. "She's finding her feet right now. They are seeing each other though, casually, and are actually very cute together. He's really chasing her, but she's a really busy girl," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It seems Demi wants a man with Moore years under his belt

Demi Moore is reportedly dating billionaire restaurant mogul Peter Morton, the 66-year-old father of her ex-boyfriend Harry Morton, according to Grazia. "Demi says that thanks to Peter, her toy-boy fascination could be over," a source says. "At 66, she never thought he'd be her type, but she really likes him." And apparently the same goes for her daughters. "The girls are glad Demi is dating someone older than herself for once," the source adds.

METRO

Katherine Heigl

Cinematic source says Heigl, 'can cost you time every single day of shooting'

According to several film and TV insiders, Katherine Heigl is too difficult and demanding to work with, telling the Hollywood Reporter that casting the former Grey's Anatomy actress is "not worth it." A source from her 2010 film Life As We Know It says, "She can cost you time every single day of shooting. Wardrobe issues, not getting out of the trailer, questioning the script every single day." And a TV executive says Heigl's reputation kept her out of consideration for a role in a new series. "On many levels, she would have been perfect for the role, but all of us said, 'She's not worth it,'" the exec says.

Twitter

@kirstiealley
I hate spell check!!!!!

@jason_mraz
If humans hadn't developed index fingers, do you think Mariah Carey would be able to sing?

@Joan_Rivers
The reports that Madonna is engaged to her 25-year-old boyfriend are false. She isn't marrying him, she's adopting him.

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Liquid Assets

Super sipper

LIQUID ASSETS
Peter Rockwell
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Our Royal Mint will be releasing coins to celebrate the 75th anniversary of Clark Kent's alter ego, and it got me thinking about a style of wine that also has a reputation for being super.

Italy's super Tuscans were conceived back in the 1970s as a liquid rebellion against the Chianti region's archaic winemaking regulations. Some winemakers went rogue by growing and then blending local and global grape varieties.

While Italians initially turned their collective noses up at this sacrilege, they were a hit everywhere else. Soon they were commanding prices as high as Italy's best, which earned them the heroic nickname.

It isn't legally defined terminology, so any winery in Tuscan adding non-traditional grapes to their blend can claim super Tuscan status. That's made it easier to find a drinkable version that doesn't break the bank.

The 2008 Monte Antico Toscana IGT ($15.95 to $18.99) is primarily sangiovese with a small portion of both merlot and cabernet sauvignon. The result is a rich wine with deep plum and black cherry core that offers terrific value.

A classic with pizza, it's equally at home paired with most red meats.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Pile on the yum

Pulled Pork Lettuce Wraps with Mediterranean Pickles. A Cutthroat Kitchen-inspired dish

Cutthroat Kitchen hands four chefs $25,000 and an opportunity to spend the money to either help themselves or sabotage their competitors. Ingredients are stolen, utensils destroyed and valuable time lost when these chefs compete. With host Alton Brown, nothing is out of bounds when money changes hands and viewers see just how far one chef will go to for the winning dish.

Cutthroat Kitchen airs Sundays at 10 p.m. ET/PT on Food Network Canada. COURTESY FOODNETWORK.CA

Pulled Pork

1. Heat olive oil in pan over med-high heat. Season pork with salt and pepper, sear on all sides, approx. 15 minutes. Remove from pan and set aside.
2. Place carrot, celery, garlic, cinnamon, thyme, lemon and orange zest in same pan. Sauté over medium high-heat until golden, approx. 10 minutes. Deglaze with tomatoes and stir.
3. Place pork and tomato mix in pressure cooker. Cook on high pressure until pork is tender, approx. 80 minutes. Release pressure and remove pork. Place in a high-sided pan and shred meat.
4. Strain liquid. Cover pork with just enough liquid to keep moist. Set aside to cool.
5. Place remaining cooking liquid and vegetable mix in a food processor. Purée until smooth. Set aside.

Crispy Chorizo

1. Heat olive oil in a sauté pan over medium-high heat. Add chorizo and thyme; sauté until crispy, approx. 5 minutes. Set aside until assembly.

Master Brine

1. Place ingredients in a large pot and bring to boil. Remove from heat and reserve.

Pickled Fennel

1. Bring Master Brine to boil.
2. In another pot, place fennel, orange zest, toasted mustard and fennel seeds. Pour enough boiling Master Brine to cover, weigh down with a heavy object to submerge fennel. Set aside to cool, approx. 1 hour.
3. Place orange juice in containers. Transfer fennel with Master Brine into containers with orange juice. Cover and refrigerate until assembly.

Pickled Carrot

1. Place all ingredients, except Master Brine in container. Pour enough boiling Master Brine just to cover ingredients. Set aside to cool. Once cooled, place in fridge until assembly.

Pickled Shallots

1. Place shallots and salt in a bowl, toss and set aside 12 hours. Rinse and dry shallots. Place shallots in a bowl, mix with honey, lemon juice and chili. Set aside until assembly.

Green Olives

1. Heat olive oil in a sauté pan over med heat. Add olives and sauté until golden, 5 minutes. Add lemon zest and thyme leaves. Remove from heat and set aside in oil until assembly.

To Assemble

1. On lettuce, top generously with pork, chorizo, cold pickled fennel and carrots, pickled shallots and green olives.

COURTESY FOODNETWORK.CA

Ingredients

Pulled Pork
- 1/4 cup olive oil
- 1 4-5 lb pork shoulder, deboned and cut into 5 pieces
- salt and pepper
- 1 each carrot and stalk celery, roughly chopped
- 4 cloves garlic, smashed
- 1/2 cinnamon stick
- 3 sprigs thyme
- 1/2 zest each of 1/2 a lemon and orange
- 2 (796 ml) cans of whole tomatoes

Crispy Chorizo
- 1 tsp olive oil
- 2 chorizo sausages, diced
- 1 sprig thyme

Master Brine
- 1 litre white vinegar
- 1 1/2 l water
- 375 g sugar
- 250 g salt

Pickled Fennel
- 1 Master Brine
- 1 bulb fennel, core removed and julienned
- 1/2 zest and juice of 1/2 orange
- 1 1/2 each tsp toasted mustard seeds and fennel seeds

Pickled Carrot
- 2 carrots, peeled into ribbons
- 1 pinch saffron threads
- 1 sprig lemon thyme
- 1/2 zest of 1/2 lemon
- 1 tbsp honey
- Master Brine

Pickled Shallots
- 2 shallots, julienned
- 1 tsp salt
- 2 tsp honey
- 1/2 one lemon, juiced
- 1/2 finger chili, seeds removed and minced

Green Olives
- 1 tbsp olive oil
- 1/2 cup green olives, quartered
- 1/2 zest of 1/2 lemon
- 1 sprig thyme, leaves picked

Assembly
- 2 heads Boston lettuce, washed, dried and leaves picked

Forget-the-gluten choco chip cookies

1. Preheat your oven to 375 F. Turn on your convection fan if you have one.

2. For the gluten-free flour whisk together the flours and powders evenly distributing the finer powders amongst the coarser ones. Use as needed and reserve the rest for other baking.

3. Bring the coconut oil to room temperature then mix with the sugar. Whisk in the applesauce and vanilla and set aside. In a separate bowl whisk together the flour mix, baking soda, baking powder and salt. Mix the wet and dry together. Gently fold in the chocolate chips. Drop by large spoonfuls on to a baking tray and press to flatten slightly. Bake until lightly brown and the whole house smells like cookies, 12-14 minutes. Let the cookies rest on the baking tray to cool just a bit before removing, about 2 minutes.

This recipe makes abut 14 cookies. COURTESY FOODNETWORK.CA

4. Cool completely and if you like layer with your favourite ice cream to make fun sandwiches.

COURTESY FOODNETWORK.CA

Ingredients

Gluten-free flour mix
- 4 cups rice flour
- 1 1/3 cup potato starch
- 2/3 cup tapioca flour
- 4 tsp xanthan Gum

Cookies
- 3/4 cup of coconut oil
- 1 cup of cane sugar
- 1/2 cup of applesauce
- 2 tsp of vanilla extract
- 2 1/2 cups of gluten free flour mix
- 1 tsp of baking soda
- 1 tsp of baking powder
- 1 tsp of salt
- 1 cup of vegan chocolate chips

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Abbey's Kitchen Stadium, Battle III

On Sept. 29 at the Virgin Mobile Mod Club (722 College St.), get ready for an epic battle as Abbey's Kitchen Stadium (AKS) continues with Battle number three. Four of the city's top chefs — Carl Heinrich, Dave Sidhu, Thomas Davis, and Dustin Gallagher — will be pitted against each other in a melee of culinary proportions. This is one food event you don't want to miss.

Artbound's The pARTy

One of Notable's favourite annual events, Artbound's The pARTy is bringing 90210 to the 416 on Friday Sept. 20 at Evergreen Brick Works (550 Bayview Ave.). Party in '90s teen-angst style with the crème de la crème of Toronto's social scene as you raise funds for Artbound, an initiative that helps support the amazing charity Free the Children.

Party like a journalist for human rights

When media puts the spotlight on human rights, positive change happens. Celebrate and toast the journalists both local and international that affect change with their eye-opening journalism at the Journalists for Human Rights (JHR) Night for Rights on Sept. 26 at the Art Gallery of Ontario (317 Dundas St. W.).

Smart people talking

It's back, baby! The coming together of some of the nation's (and world's) finest minds, TEDxToronto, takes place Sept. 26 at Koerner Hall (273 Bloor St. W.), melding speeches of interactive nature with some of the most thought-provoking insights from the smartest peeps around. And, of course, the famed after-party takes place that evening at UNIUN (473 Adelaide St. W.).

Tromba's World's Largest Tequila Tasting

Ready to break records, tequila fans? On Thursday at El Tromba Warehouse (260 Geary Ave.) join hundreds of tequila lovers for an official Guinness World Record attempt for the World's Largest Tequila Tasting in honour of Mexico's Independence Day. Aside from the record attempt, try Tromba's latest premium releases alongside Latin cuisine from some of the city's finest chefs.

LOVE Presents: An Intimate Evening of Learning

An Intimate Evening of Learning connects people with great minds and big hearts to inspire positive change on Sunday at The Spoke Club (5 p.m). Learn from international and local leading-edge professionals in the field of violence prevention. Wine and hors d'oeuvres will be served. Free event, guest list only. Email lauren@leaveout violence.org to learn more and inquire about attending.

THIS WEEKEND

Orioles VS Toronto Blue Jays

SEPT. 13-15

SATURDAY SEPT. 14 START TIME 4:07pm

NEXT WEEK

Yankees VS Toronto Blue Jays

SEPT. 17-19

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Notes from Leafs camp

Kadri-Kessel connection? It could happen

This early in Maple Leafs training camp, it's all about making a good first impression.

The Buds had tongues wagging by pairing Nazem Kadri with Phil Kessel. Is Kadri going to audition for the No. 1 centre's job?

"I think at times there are too many things said about No. 1, 2, 3 or 4," said head coach Randy Carlyle. "When you put offensive players together, there's always the potential for them to play together. I'm not going to say one guys is this, one guy is that. Phil is one of our top offensive players. Our top goal-scorer.

"I guess people would assign the centre that plays with Phil as the No. 1 but I don't look at it that way at all."

So, yes, if folks don't get too bogged down on labels, Kadri will get a tryout with Kessel.

Ranger 'in the here and now'

Paul Ranger is going to get a long look. A top-four defenceman with the Tampa Bay Lightning, he took nearly three years off, returning to the Marlies last season. He's never fully disclosed why he left the game.

"I want to leave the past in the past," Ranger said. "I'm in the here and now."

If there is any position where competition is stiffest, it's on the blue-line. With Cody Franson unsigned, a job may well be open. And if not, veteran John-Michael Liles is no lock anymore.

TORSTAR NEWS SERVICE

The Leafs acquired goalie Jonathan Bernier in an off-season trade with the Los Angeles Kings. BERNARD WEIL/TORSTAR NEWS SERVICE

Reimer, Bernier vie for starting gig

Goalie competition. Incumbent and new acquisition both appear at ease with situation between the pipes

James Reimer is the Leafs' incumbent goalie. BERNARD WEIL/TORSTAR NEWS SERVICE

You say you want a competition? James Reimer and Jonathan Bernier do not.

The Toronto Maple Leafs goaltenders vying for playing time insist they're not worrying about the other's performance. But there's no doubt that through training camp and the pre-season, their play will affect which one starts opening night against the Montreal Canadiens on Oct. 1.

Beyond that, Bernier and Reimer could share time during the regular season until one steals the starting job away. In a perfect world for Randy Carlyle, the Leafs' coach won't have to make the decision.

"In most of the situations I was previously in we always had competition for the position for a certain period of time," Carlyle said. "By the end of the season it sorted itself out. There was an equal opportunity given to the people to earn that No. 1 job and usually their play indicates to you who will be the No. 1."

Reimer, the incumbent, helped Toronto make the playoffs last spring for the first time since 2003-04. He had a .924 save percentage and 2.46 goals-against average along the way.

Reimer acknowledged that competition can help him stay sharp. But there's also an advantage in having familiarity with teammates and the coaching staff.

"It's good to have that sense of comfort. You know what coaches want and you know what they're expecting," Reimer said. "But whatever the situation, you go out there and you compete. You compete your hardest."

Bernier, acquired via trade from the Los Angeles Kings in June, isn't thinking of it as a one-on-one competition.

"I'm not going to compete against Reimer," he said. "I'm competitive enough that I want to be the best, and that's not something I'm going to focus (on) — to beat Reimer. I'm just going to focus every day to be the best, and that's the only thing that I can control." THE CANADIAN PRESS

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Angels' road trip to Toronto a sweeping success

MLB. Richards' 6 2/3 innings enough to keep Blue Jays grounded

Garrett Richards pitched into the seventh inning to win his third consecutive decision Thursday as the Los Angeles Angels defeated the Toronto Blue Jays 4-3 to complete a three-game sweep.

Kole Calhoun had two hits with a home run for the Angels (70-76), while Jose Reyes had four hits, including a homer, for the Blue Jays (67-79).

Richards (7-6) allowed three runs on nine hits and a walk while striking out four over 6 2/3 innings as the right-hander improved to 4-1 in his last five outings.

Brett Lawrie reacts after one of his three strikeouts on Thursday.
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Ernesto Frieri pitched the ninth for his 33rd save despite allowing a double to Reyes and a walk to Munenori Kawasaki.

Blue Jays left-hander J.A. Happ (4-6) needed 87 pitches to go just 4 1/3 innings. He allowed six hits, two walks and four runs while striking out six.

The Blue Jays took a 3-2 lead in the third when Reyes hit his 10th homer of the season on the first pitch to tie the game. Kawasaki and Moises Sierra then doubled to put Toronto ahead.

But Calhoun tied it with one out in the fourth on his seventh homer of the season.

After one-out doubles by Aybar and Trout gave the Angels a 4-3 lead in the fifth, Neil Wagner replaced Happ.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Boston	89	58	.605	—
Tampa Bay	78	66	.542	9½
New York	78	68	.534	10½
Baltimore	77	68	.531	11
Toronto	67	79	.459	21½

CENTRAL DIVISION	W	L	Pct	GB
Detroit	84	62	.575	—
Cleveland	77	68	.531	6½
Kansas City	77	69	.527	7
Minnesota	63	82	.434	20½
Chicago	58	87	.400	25½

WEST DIVISION	W	L	Pct	GB
Oakland	85	61	.582	—
Texas	81	64	.559	3½
Los Angeles	70	76	.479	15
Seattle	65	81	.445	20
Houston	50	96	.342	35

Thursday's results
L.A. Angels 4 Toronto 3
Oakland 8 Minnesota 2
N.Y. Yankees at Baltimore, postponed
Boston at Tampa Bay
Cleveland at Chicago White Sox
Wednesday's results
Kansas City 6 Cleveland 2
Pittsburgh 7 Texas 5
N.Y. Yankees 5 Baltimore 4
L.A. Angels 5 Toronto 4
Boston 7 Tampa Bay 3 (10)
Oakland 18 Minnesota 3
Detroit 1 Chicago White Sox 0
Houston 6 Seattle 1
Friday's games
All times Eastern
Cleveland (Salazar 1-2) at Chicago White Sox (Santiago 4-8), 2:10 p.m.
Baltimore (Hammel 7-8) at Toronto (Redmond 3-2), 7:07 p.m.
Kansas City (Chen 7-2) at Detroit (Verlander 12-11), 7:08 p.m.
N.Y. Yankees (Kuroda 11-10) at Boston (Lackey 9-12), 7:10 p.m.
Oakland (Straily 9-7) at Texas (Holland 9-8), 8:05 p.m.
Tampa Bay (Archer 8-7) at Minnesota (Correia 9-11), 8:10 p.m.
L.A. Angels (Vargas 8-6) at Houston (Oberholtzer 4-2), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Atlanta	88	58	.603	—
Washington	77	69	.527	11
Philadelphia	67	78	.462	20½
New York	64	81	.441	23½
Miami	54	91	.372	33½

CENTRAL DIVISION	W	L	Pct	GB
St. Louis	85	60	.586	—
Pittsburgh	85	61	.582	½
Cincinnati	83	64	.565	3
Milwaukee	62	82	.431	22½
Chicago	62	84	.425	23½

WEST DIVISION	W	L	Pct	GB
Los Angeles	85	60	.586	—
Arizona	73	72	.503	12
San Diego	66	78	.458	18½
Colorado	67	80	.456	19
San Francisco	66	80	.452	19½

Thursday's results
Atlanta 6 Miami 1
Washington 7 N.Y. Mets 2
San Diego at Philadelphia, postponed
Pittsburgh 3 Chicago Cubs 1
Milwaukee at St. Louis
San Francisco at L.A. Dodgers
Wednesday, September 11
Cincinnati 6 Chicago Cubs 0
San Francisco 4 Colorado 3
Philadelphia 4 San Diego 2
Miami 5 Atlanta 2
Washington 3 N.Y. Mets 0
St. Louis 5 Milwaukee 1
Arizona 4 L.A. Dodgers 1
Friday's games
All times Eastern
Chicago Cubs (Arrieta 2-2) at Pittsburgh (Morton 7-4), 7:05 p.m.
Philadelphia (Kendrick 10-12) at Washington (Strasburg 7-9), 7:05 p.m.
Miami (Hand 0-0) at N.Y. Mets (Niese 6-7), 7:10 p.m.
San Diego (Kennedy 6-9) at Atlanta (Hale 0-0), 7:30 p.m.
Cincinnati (Latos 14-5) at Milwaukee (Lohse 9-9), 8:10 p.m.
Seattle (Iwakuma 12-6) at St. Louis (Wainwright 16-9), 8:15 p.m.
Colorado (Chatwood 7-4) at Arizona (McCarthy 4-9), 9:40 p.m.
San Francisco (Bumgarner 11-9) at L.A. Dodgers (Kershaw 14-8), 10:10 p.m.

CFL

EAST	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4
WEST							
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

WEEK 12
Friday's game — All times Eastern
Hamilton at Calgary, 9 p.m.
Saturday's games
Winnipeg at Edmonton, 6:30 p.m.
Toronto at Saskatchewan, 9:30 p.m.
Sunday's game
Montreal at B.C., 4:30 p.m.

NFL

WEEK 2
Thursday's result
N.Y. Jets at New England
Sunday's games
Carolina at Buffalo, 1 p.m.
Dallas at Kansas City, 1 p.m.
San Diego at Philadelphia, 1 p.m.
Miami at Indianapolis, 1 p.m.
St. Louis at Atlanta, 1 p.m.
Washington at Green Bay, 1 p.m.
Cleveland at Baltimore, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Chicago, 1 p.m.
Detroit at Arizona, 4:05 p.m.
New Orleans at Tampa Bay, 4:05 p.m.
Denver at N.Y. Giants, 4:25 p.m.
Jacksonville at Oakland, 4:25 p.m.
San Francisco at Seattle, 8:30 p.m.
Monday, September 16
Pittsburgh at Cincinnati, 8:40 p.m.

MLS

Wednesday's result
Chicago 1 Toronto 1
Friday's game
All times Eastern
Salt Lake at Seattle, 10 p.m.

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QB kin riding high for Manning Bowl

Eli Manning, No. 10, of the NFC's New York Giants greets his brother Peyton Manning, No. 18, of the AFC's Denver Broncos after the Pro Bowl on Jan. 27 in Hawaii. KENT NISHIMURA/GETTY IMAGES FILE

Brotherly love. Peyton and Eli maintain a close relationship throughout the bright lights of the NFL

Peyton Manning loves Eli's game, and not just because he's his little brother.

As a fellow NFL quarterback, he appreciates the way Eli has improved every year despite an ever-changing supporting cast, all while working under the bright glare of Broadway.

Oh, and those two Super Bowl rings are pretty sweet, too. Big brother has just one of those.

The siblings square off Sunday at MetLife Stadium, the third — and quite possibly last — time they'll face each other in the pros. Peyton came out on top in the first two, with his old team, the Indianapolis Colts, beating the New York Giants in 2006 and 2010.

Peyton, 37, sees Eli, 32, through the dual prism of blood and quarterback brotherhood, and he's thoroughly impressed by the view.

"Eli is a great player," Peyton said. "He's a consistent player. I think he's gotten better every year."

The Mannings talk twice a week on average — last season they played the same divisions in the NFC and AFC, so they shared notes on those common opponents.

"Usually we'll talk on Sunday or Monday after the previous game and then we'll kind of talk maybe Thursday or Friday kind of about the upcoming game," Peyton said. "We've always done that. We'll share."

Not this week.

They both said there was no football dialogue leading up to Manning Bowl III, just the typical bantering among brothers. There's been enough chatter from everyone else. Aside from the "first family of football" angle, this is the first game in NFL history pitting QBs who threw for 400-plus yards the previous week.

Peyton threw for 462 yards and tied an NFL record with seven touchdown passes against Baltimore. Like Peyton, Eli also completed 27 of 42 throws, and he accumulated 450 yards at Dallas but had three interceptions to go with four TDs.

THE ASSOCIATED PRESS

Tough challenge

After overcoming two major knee surgeries in the past two years, Terrell Thomas might be facing his biggest challenge. The Giants cornerback is probably going to go against Wes Welker when New York (0-1) meets the Denver Broncos (1-0) at MetLife Stadium Sunday. Welker is one of the NFL's top slot receivers. He had a team-high nine catches for 67 yards and two touchdowns in the Broncos' 49-27 win over Baltimore in the kickoff to the season last week.
THE ASSOCIATED PRESS

Tennis. Pospisil opens Davis Cup semis vs. Djokovic

Vasek Pospisil knows his first career match against the world's best tennis player isn't going to be easy, so he's happy he'll be getting it over with early in Canada's Davis Cup semifinal tie against Serbia.

The 23-year-old from Vancouver will face the No. 1-ranked Novak Djokovic in Friday's opening singles match at the Kombank Arena.

Djokovic only arrived Wednesday after losing to Rafael Nadal in the U.S. Open final on Monday. THE ASSOCIATED PRESS

Novak Djokovic, left, and Canada's Vasek Pospisil. THE ASSOCIATED PRESS

CFL. Pair of Roughriders charged after bar fight

Two members of the Saskatchewan Roughriders football team are facing charges after a fight at a Regina nightclub.

Defensive back Dwight Anderson, 32, and wide receiver Taj Smith, 29, each face one charge of aggravated assault.

Anderson and Smith made a brief appearance together in provincial court Thursday and were released on conditions, including that they keep the peace and stay away from alcohol. They left court without speaking to reporters.

Regina police say they were called to a nightclub just before 3 a.m. on Aug. 18 after getting a report of a group of people involved in or gathered around a fight. Police say they found a 20-year-old man with serious injuries who was taken to hospital.

Anderson and Smith were arrested Wednesday evening.

Saskatchewan Roughriders general manager Brendan Taman says the players have not been suspended.

THE CANADIAN PRESS

Sports in pictures

1 MLB. Reddick gives A's some breathing room in AL West

Josh Reddick homered and had three RBIs, A.J. Griffin allowed just two hits in seven innings, and the A's beat the Minnesota Twins 8-2 Thursday afternoon to increase their division lead to three and a half games over idle Texas in the American League West. THE ASSOCIATED PRESS

2 Cycling. Lance returns bronze medal from Sidney to USOC

Lance Armstrong has returned his Olympic bronze cycling medal, the latest fallout from his confession to using performance-enhancing drugs. Armstrong tweeted Thursday that he gave it back and a U.S. Olympic Committee spokesman released a statement confirming its return.
THE ASSOCIATED PRESS

3 CFL. Blue Bombers to move West to make room for Ottawa

The CFL's board of governors has officially moved the Winnipeg Blue Bombers back to the West Division.

The league announced Thursday the Bombers will play in the West Division in 2014. They'll be replaced in the East Division by the expansion Ottawa Redblacks.
THE CANADIAN PRESS

4 Hockey. Canadian, U.S. women will be well acquainted for Sochi

The Canadian women's hockey team will face the United States in a six-game series as preparation for the 2014 Winter Olympics in Sochi, Russia.

The series will begin Oct. 12 at Gutterson Fieldhouse in Burlington, Vt., Hockey Canada said Thursday in a release. The teams will face off again Oct. 17 at the Centre d'Excellence Sports Rousseau in Boisbriand, Que.
THE CANADIAN PRESS

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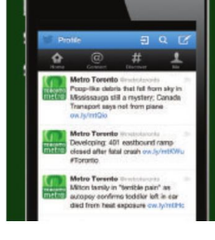

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Horoscopes

Aries
March 21 - April 20
One area of your life will grind to a halt and maybe even go into reverse today. You may not be happy about it but what can you do? Sometimes you just have to accept what occurs.

Taurus
April 21 - May 21
Life is not and never will be a level playing field — some people are good at things that others will never master. Once you accept that, you can just get on with your life.

Gemini
May 22 - June 21
You enjoy causing waves and something you say today will no doubt infuriate people who don't share your views. You need to remind them that their opinions, while valid, are not the be all and end all.

Cancer
June 22 - July 23
You cannot change the world, so don't waste time trying. What you can do though is change your own way of looking at the world. If your outlook is positive, your future will be positive too.

Leo
July 24 - Aug. 23
The winds of change are blowing at gale force and if you don't hold onto something, there is a chance you might get swept away. What is most stable in your life? Grasp it.

Virgo
Aug. 24 - Sept. 23
There are things going on behind the scenes that will change your world in major ways but that is no reason to worry. Looking back later in the year, you will realize how wonderful they were.

Libra
Sept. 24 - Oct. 23
Someone you don't get along with will make their usual fuss today and you should tell them that you've had enough of their dramatics. If they don't shut up then ship them out.

Scorpio
Oct. 24 - Nov. 22
It takes courage to choose a different path when the one you are on is so familiar but there is no other choice. If you don't change now, you could be stuck with the same old routine for years to come.

Sagittarius
Nov. 23 - Dec. 21
A plan you had high hopes for will have to be put on the back burner for a while. According to the planets, it needs more time to mature in your mind.

Capricorn
Dec. 22 - Jan. 20
Everything that happens in life is part of the grand design. Remember that and you won't go wrong. If you want to win at the game of life, you must let go and trust the universe.

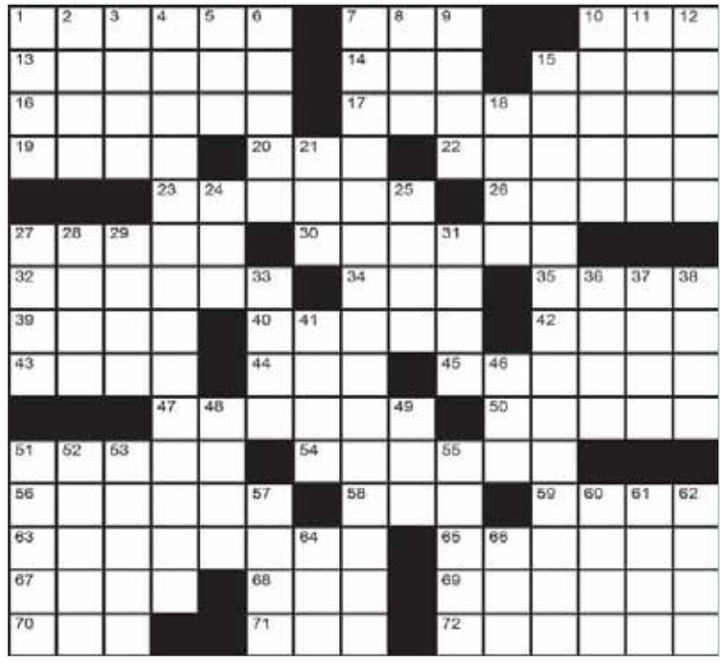
Aquarius
Jan. 21 - Feb. 19
You may be sad that a friend is moving away but the space their departure leaves will be filled by someone else. Life is never static, nor are relationships. You may not like change but ultimately it is good.

Pisces
Feb. 20 - March 20
You may be the sort who can bluff your way through most situations but the planets warn you have bitten off more than you can chew this time. A penalty of some kind will have to be paid before you can move on. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

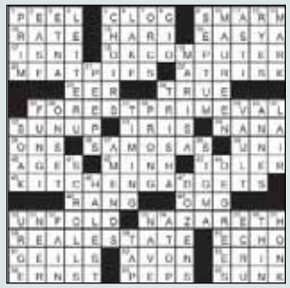
BY KELLY ANN BUCHANAN



Across
1. Infomercial's prompt to buy!: 2 wds.
7. Coke or Pepsi
10. Cause supporter, __-thumper
13. Opera tenor, Enrico __ (b.1873 - d.1921)
14. Ms. MacGraw
15. Rubik's Cube inventor, __ Rubik
16. Furnace, for example
17. Do a cleanse
19. Bldg. planner
20. Company name abbr.
22. Travelled, bunny-style
23. Truly
26. Wants
27. Cut-and-__
30. Actor Mr. Grenier
32. Edmonton's CFL players, to fans
34. Texas city, with Antonio
35. "Grey's Anatomy" star Ms. Ramirez
39. "Dynamite" singer Mr. Cruz
40. Christine of "Chicago Hope"
42. Music key, _ __.
43. Cable sports channel
44. Hubbub
45. Canadian rapper, D-__
47. Celebrated
50. Seal the deal, slang-style: 2 wds.
51. Rage: 2 wds.
54. Laura Branigan smash
56. Draw out a response
58. Tie-__
59. Plant stem bump
63. French author of 1759 book Candide
65. Astronaut legend, Buzz __
67. '70s hit in Spanish: "__ Tu"
68. And not
69. Discontinued
70. Set down
71. "Okay."
72. Bound-to-the-land persons of ancient Sparta

Down
1. Be sore
2. City in Normandy in France where Canadians saw action in WWII
3. Hamlet genre, for short
4. Food label heading under which Calories, Fat, etc. are listed: 2 wds.
5. 'Lact' suffix
6. Tom Cochrane album: 'Mad Mad __'
7. '80s fashions features: 2 wds.
8. Toreador's taunt
9. Essential part
10. Hogwash
11. Hungry
12. Surnamesakes of bartender Woody on "Cheers"
15. It's been rocking The Senate in 2013 headlines: 2 wds.
18. Eugene O'Neill's daughter
21. Hot drink
24. Social pages word
25. "Shoot!"
27. Rocker Mr. Wentz
28. Botanist Mr. Gray's
29. Bypass
31. "Last one __ __ a rotten egg!"
33. Abrupt door closing
36. Marie-Claire's friend
37. Sitarist, __ Shankar
38. Song covered by Chantal Kreviazuk: "Leaving on _ __ Plane"
41. Work like _ __ (Toil)
46. 'Rocky' movies installment
48. 1998 Sarah McLachlan hit
49. Tofu base
51. Countertops edging choice
52. Gorge village of Southwestern Ontario
53. Ms. Cyrus
55. Toothbrush brand
57. Minuscule
60. About: 2 wds.
61. Soft drink request
62. Completes
64. Caviar
66. Tommy Jones link

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	4					8	
3					5		4	
9			6		4	7		
	2			3		6		9
5		6		2			7	
		7	3		8			2
	4		9					8
	3					4	1	

Yesterday's Sudoku

9	1	2	8	5	7	3	6	4
6	8	4	3	9	1	2	5	7
3	5	7	2	6	4	9	1	8
5	6	8	7	4	3	1	2	9
2	3	1	9	8	6	7	4	5
4	7	9	1	2	5	6	8	3
1	2	5	4	3	9	8	7	6
8	4	3	6	7	2	5	9	1
7	9	6	5	1	8	4	3	2

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